

# Awareness<sup>®</sup>

Southern California's Guide to Conscious Living

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**LESLIE & PATRIC HORN**  
*From Containers to Condominiums  
...The New Sustainable Future*

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**Q: What does the workshop industry look like today, Callan?**

**A:** It's a great industry to be involved in right now. As you mentioned, times are uncertain – and people are scared. Human beings inherently know there is safety in numbers. Naturally, people want to GATHER right now! This is why the workshop industry is thriving, while other businesses tank. Providing a place for people to connect, feel inspired, get skills and acquire education just makes sense.

**Q: What's the #1 BLOCK these grass roots World Leaders face?**

**A:** The biggest block Workshop Leaders face has to do with FILLING THEIR EVENTS. "Poor attendance" or "not enough people in the seats" are the main complaints. And I get it! It's no fun working hard to get the word out, prepping your material... and then showing up to face an empty event room.

It's totally disheartening. Disheartened leaders are NOT what the world needs right now. What also concerns me is this; the people who really need help, whether in the health, wealth, relationship or other area of life, continue to suffer unnecessarily simply because they didn't know there was a workshop leader who could help. My business partner spent 31 years suffering with debilitating stomach pain. One day, he found a Holistic Nutrition Workshop that helped cure him. I shudder to think what his life would have been like without that workshop.

**Q: What do you tell Workshop Leaders who come to you looking for advice?**

**A:** I say the same thing over and over. If you believe in what you are up to in the world, it's your duty and your dharma to do whatever it takes to learn to attract the people you are meant to serve! This starts with education. Filling your workshops CAN be quite easy... if you know the fundamental elements. As a former teacher, I pride myself in being able to show even the most 'non-business' types how to easily, effectively and economically use things like, 'email marketing' and 'word of mouth marketing.' I show them how marketing can actually feel good to them, great to their clients, and STILL get an awesome result. This means full workshops, healthy people, and inspired Leaders. I like to think of myself as a bridge between the people who are suffering, and the leaders that have the solutions.

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## EDITOR / PUBLISHER

DARBY DAVIS

## EDITORIAL STAFF

MICHAEL DIAMOND

RANDY PEYSER

ROBERT ROSS

SONIA VON MATT STODDARD

DONNA STRONG

LYDA WHITING

## CONTRIBUTING WRITERS

ALLEN & LINDA ANDERSON

LAURIE SUE BROCKWAY

JESSE ANSON DAWN

KATHLEEN DOWNEY, CSC

STEVEN FRANK

ADAM C. HALL

AUDREY HOPE

MARLINE KARLIN

MARGARET ANN LEMBO

JENNY T. LIU, M.A.

TIM MARTINEZ

MYSTIC TRISH

ANN NELSON

GARY QUINN

OCEAN ROBBINS

GAIL SILVERMAN

JAC SMITH

ISABELLA STOLOFF

ALEX STRANDE, N.D., PHD

DR. JULIET TIEN, D.N., SC.

ULRIKE

VAISHALI

SARA WIDNESS

## CORPORATE OFFICE

### ADVERTISING SALES

(800) 758-3223

info@awarenessmag.com

twitter.com/Awareness\_Mag

facebook: Awareness-Magazine

## LOS ANGELES OFFICE

### ADVERTISING SALES

KATHLEEN BENNETT

(310) 822-0020

awarenessmag@gmail.com

## PRINTED BY SOUTHWEST OFFSET

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## CORPORATE OFFICE

5753-G Santa Ana Canyon Rd., #582

Anaheim, CA 92807

(714) 283-3385 (800) 758-3223

FAX (714) 283-3389

E-mail: info@awarenessmag.com

www.awarenessmag.com

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# Awareness®

Southern California's Guide to Conscious Living

## OUR ENVIRONMENTAL ISSUE



5 From Containers to Condominiums  
*Interview with Leslie Horn*

8 The Green Milestone

9 Diet for a New America  
*How the Food Movement  
Is Gaining Strength*

10 Stolen Corn: Reclaiming Health  
*in Native American and Latino  
Communities*

12 Recultivating Singularity  
*An Earthkeeper's Way to Integrate  
the World of Ego and Spirit,  
and Re-ignite the Fire within*

14 Healthy Eating Habits and Healing  
Core Issues Related to Weight Gain

15 Come Explore and Celebrate the  
Divine Feminine in All of Us!

16 Taking Care of Our Planet  
Physically and Mentally

16 Feeling Suicidal?

17 Own What You Eat

18 Going Overboard

19 Appropriately Treating Sinusitis  
with an Antibiotic Alternative

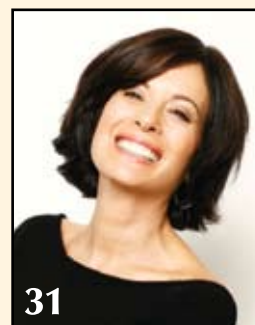
20 Shanty Town Transcendence  
*The Healing Process of Peace*

21 Sharpen Your Intuition and Live  
Your Dreams by Tapping into  
The Spiritual Zone

22 Holistic Approach to Treat and  
Prevent Flu and Colds

23 Coronado Island

24 Color Your Life  
Awakening to Color and  
Consciousness with Crystals



31 Saying Goodbye to Debbie Ford

36 The Travel Yogi Conducts Yoga  
Retreats in the Galapagos  
Combining Wellness with Nature

## DEPARTMENTS...

32 Music & Media Reviews

33 Book Reviews

34 Kid's Reviews

35 Feng Shui

36 Voices of Hope

37 Reflexions

38 Never Old

39 Musings

40 Pet Corner

25 RESOURCE DIRECTORY

41 CALENDAR OF EVENTS

42 CLASSIFIEDS

**ON THE COVER:** Leslie and Patric Horn.  
*Photo courtesy of Three Squared Inc.*







*Exceptional Green Living in Rosa Parks, the first multi-family dwelling built from containers in the U.S.  
Illustration courtesy of Steven C. Flum, Architect*

# From Containers to Condominiums

## An Interview with **Leslie Horn**

*By Randy Peyser*

**A**t the end of April, Leslie Horn and her brother, Patric, co-founders of Three Squared Inc.™ will break ground on “Rosa Parks,” the first 20-unit, multi-family dwelling to be constructed in the United States — out of shipping containers stacked like Lego™ blocks!

The containers are made of steel, are fireproof and can be made into homes in less than half the time it takes to build a home out of lumber. While shipping containers are used frequently in Europe, they have never been utilized in the United States to create multi-family dwellings or commercial spaces.

Leslie and Patric are not only building the first dwelling of this kind in the U.S., they are also creating the standards for

this new industry for the entire country — including all of the building codes by which every company in the future will have to comply.

**Randy Peyser: When did you start this undertaking?**

**Leslie Horn:** We started the project in 2007 and got it approved in 2009.

**Randy: Who is this housing being built for?**

**Leslie:** We’re creating market-rate condos. Prior to building our first one, we are building our model center, which is a 2-unit project that will also house our home office in Detroit. More importantly, it will allow us to showcase our technology and bring in other like-minded people who might like to build in a more affordable, durable, and extremely energy-efficient way.

**Randy: How are these containers more energy-efficient?**

**Leslie:** We are bringing new technology to the marketplace through Cargolinc™, our technology company. For example, to insulate the exterior of a house, R19 insulation is used. The roof is R30. The insulation we’re bringing to the marketplace is R140. It creates a soundproof barrier and has also been rated for fire protection between walls. Our team is putting together some very cool systems that redistribute power sources in order to decrease the amount of energy it takes to live. This new technology will be available for licensing later this year.

**Randy: How did you get into this, Leslie?**

**Leslie:** In 2004, Patric and I, with some friends, rehabbed 30

houses in Detroit. In 2007, one contractor asked me if I had heard about the shipping container construction happening in Europe. I started researching this. Then the real estate market in the U.S. tanked, and we needed to figure out our next steps.

I woke up one morning and had an epiphany . . . The first thought that came to my mind was: *we are going to build shipping container condominiums.* We owned three lots down the street from Wayne State University. That was in December 2007. We contacted architects, and they either laughed at us or didn’t return our calls. But one architect did, and he’s been with us ever since.

Then we took the concept to  
*(Continued on page 6)*

# Leslie...

(Continued from page 5)

the City of Detroit. Two years later, and after 16 public hearings, we got approval to build the 20-unit condo complex. It took a lot of blood, sweat and tears, plus a lot of communication with the local, county and state officials. However, the housing market was still so bad, we realized by the time condos were built, nobody would qualify to get the financing to buy them. Another problem was that the investors were also laughing at our idea. Once again, we had to step back and redirect ourselves.

At that time, Patric and I had very little development experience. We recognized that we really needed to enhance our team, which is exactly what we have done. We have attracted some of the top experts in the real estate development field, plus top engineers who see our vision, in addition to seeing what we can do as a company to create history in shifting the way we construct.

**Randy: That's a pretty tall order.**

**Leslie:** Yes it is. You have got to show up to the table big. In the construction industry, we are dealing with very archaic types of construction. We can send people to the moon and back, but we cannot build a house that can sustain an earthquake, flood, or hurricane, and last 100 years.

This is an issue we can shift. Shipping containers are built to withstand 150 mph winds on a ship at sea. They are stacked 9 high, are held together with a strap and a C-clamp, and filled with 60,000 pounds each. Their strength and durability excite me. An earthquake won't break the framing, and a tree falling across a roof won't make a roof collapse. So, more lives will be saved.

**Randy: Is there a special kind of siding on the outside?**

**Leslie:** The beauty of this is you can clad the exterior with anything — from brick, to stuc-

co, siding, tires, you name it.

For example, our model center is being built on Michigan Avenue in Corktown, which is one of the oldest communities in Detroit. They still have brick-paved roads, and all the exteriors on that street are made of brick facade. When you drive by our model center, you won't know it's constructed from shipping containers because we'll clad the exterior in brick to fit the entire persona of the neighborhood.

**Randy: What do they look like inside?**

**Leslie:** They're like any other house. You can do drywall or

ping containers arrive in the U.S. Because of the trade imbalance, the majority of them stay here. They are used once or twice, then they just sit around.

**Randy: How much will these condo units go for?**

**Leslie:** They will be competitive with the new construction in the area. However, what differentiates us from any other construction — and what we're most proud of — is the energy-efficiency aspect. It won't cost that much to heat these units or plug anything in. The occupants are going to be very happy.

We believe we can truly create a shift in how construction

we are not being gouged. We truly want to make a shift, and we can do this with a product that has already been built, used, and discarded.

**Randy: I think about all those naysayers who laughed at you at the beginning of your project and how it is you and your company who are now having the last laugh.**

**Leslie:** Absolutely! You hit the nail on the head. I am glad the universe forced us to step back and strategize, even though it was frustrating. We now have letters of intent to build about \$210 million dollars' worth of projects around the country. In addition, we are in conversations concerning another \$600 million dollars' worth of projects around the United States, and internationally as well. As we attract more business, we realize that we will not be able to fill every request. So, if we can create the technology and allow others to use that technology, we will license it.

**Randy: What obstacles do you face now?**

**Leslie:** HUD needs to perform complete inspections on the type of housing we're doing in order for our housing to be HUD-approved. This will be



**The exterior and interior of a completed container.**

(Photos courtesy of Three Squared, Inc.)

leave it industrial. Basically, we are replacing wood framing with shipping containers. For a 1200 sq. ft. house, you can take 4 containers, that are 8' wide, put them side by side, and cut out all the interior walls. Now you have a structure 40' deep and 32' wide.

**Randy: Where do you get these shipping containers?**

**Leslie:** We have agreements with two of the three firms in the world who manufacture them. There are 700,000 shipping containers laying idle, plugging up our ports and landfills. EVERY day 23,000 more ship-



is done. When we were rehabbing houses, in the winter, some of our tenants had to make a choice as to whether to pay the rent, their heating bill, or feed their family. Nobody should have to go through that. We all have the capacity to live where

one of the processes we have to go through, and it's all going to be about education. As we build, we are creating the history, statistics, procedures, systems, guidelines, and codes, so it will be easier for the next person to build.



**Randy:** You are truly United States pioneers of multi-family dwellings made out of shipping containers.

**Leslie:** Yes, we are the United States pioneers. There are a couple of companies doing good work with shipping container construction, supplying single-unit housing for the soldiers in Afghanistan and single-family homes. But nobody is addressing multi-family or commercial buildings.

No one knows how to do this because it's not been done before. When they're stacked 6 high, 18 feet wide, and you stack them in different configurations like Legos™ and start cutting out the interior walls, you have to know what the load factors are, and you need to make sure you are not losing any of the structural integrity. Those are the systems, configurations and codes we are creating today. So, when you say we are pioneers in this, you'd better believe it.

**Randy:** How long will it take to build a 20-unit condo building?

**Leslie:** If you framed a 20-unit condo project using regular lumber and labor, it would take about 90 days. We'll have our building framed in less than 7 days. We anticipate this complex to be complete in less than 6 months, whereas, a traditionally-built project would take 12-18 months. This saves both Europe, Travel Lodge completed their third hotel out of shipping containers in 2011, and they've vowed to build all future hotels out of shipping containers because they are able to get into revenue quicker.

**Randy:** What would you say to anyone in pursuit of their dreams?

**Leslie:** Here's a good litmus test if you think you want to give up... In the beginning of 2012, every day, at least ten times a day, I was thinking about quitting and giving up. My litmus test was this: I would pretend I was on my deathbed and was being asked the question, "Do you have any regrets in life?" Every time I asked myself that question, my answer was, "Yes, I would have had a regret."

So, even though I felt like

quitting when all the investors were turning us down, after a while I put my big girl panties on and started talking to them. I matter-of-factly asked them why they didn't want to invest in my company. I wanted to know the key factors were as to why they wouldn't fund us. It was a very brave step to take. They told me that they liked the concept but that I needed to have the right team in place to make it happen. The moment I started listening to what these investors were saying, things shifted.

We realized that we needed to bring in people who were way more experienced than we were. Then all the right people started showing up to put our company together — from our mechanical designers who are creating our patents, to our intellectual property lawyers, to our CFO, marketing team, and more. We also brought in more strategic partners and different technologies.

The investors were spot on. We've now put together Three Squared Inc.™ so we can consistently move forward and stay solid in the future. As a result, all of these projects are being put into our pipeline.

**Randy:** Final thoughts?

**Leslie:** I'm truly committed to the success of this company and the technology our team is creating. It's not about me or about Three-Squared™; it's about shifting how we can make things different. As Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world, because, indeed, it's the only thing that ever has."

For more information about shipping-container dwellings, visit [www.ThreeSquaredInc.com](http://www.ThreeSquaredInc.com)

Randy Peyser edits books and helps people find literary agents and publishers. [www.AuthorOneStop.com](http://www.AuthorOneStop.com) She is the author of *The Power of Miracle Thinking*. [www.MiracleThinking.com](http://www.MiracleThinking.com)

When one tugs at a single thing in nature, he finds it attached to the rest of this world.

— John Muir

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# The Green Milestone

By Jac Smith

September 4, 2012, marked a significant day for environmental charity Plant With Purpose, as its reforestation work hit a global milestone of 8 million trees planted worldwide. Dedicated to sustainable development throughout Mexico, Tanzania, Haiti, Burundi, Thailand and the Dominican Republic, this non-profit organization has transformed thousands of lives affected by deforestation.

"Deforestation is a problem in these countries because rural farmers are dependent on the forest for their basic needs," explains Doug Satre, development director of Plant With Purpose. "They clear the forests to plant crops, and use wood for heating, cooking and construction. Trees are also cut for charcoal production, which is sold in the cities. Most communities don't replant, so the forest is not restored."

Founded in 1984, Plant With Purpose was originally known as Floresta USA — an organization created by Tom Woodward, Christian aid volunteer working in the Dominican Republic. Realizing the devastating impact of deforestation, he wanted to address the problem long-term, by providing sustainable environmental assistance and helping develop enduring life skills and alternate income sources, via reforestation, agroforestry, educational programs and economic support. Consequently, impoverished rural communities continue to prosper long after the charity's involvement ceases.

A Christian charity, Plant With Purpose strives to strength-

en community relationships, to foster spiritual renewal and help villagers appreciate and understand their environment. "We encourage them to focus on what they have," says Satre. "They have each other, their land and God also cares for them too. We teach that being a healthy and whole community is not just about having more money, but about caring for everyone in the community and the earth God has given us."

Caring for the earth is critical for these communities, as the results of deforestation are often dire.

"Once trees are cut, the soil has no protection from heavy tropical rains, so it erodes very quickly," Satre explains. "Heavy rains sometimes cause flash floods and mudslides that can wipe out whole villages. The forest also naturally filters water; without healthy forests, waterborne diseases and even malaria increase. Long-term, the soil becomes useless for farming and families migrate to find work. This forced migration is linked to various problems, including the spread of AIDS and other diseases."

Since Satre started working with Plant With Purpose, the number of trees planted by participant communities in Haiti, Burundi and the Dominican Republic is triple that of non-participants, and he reports communities have seen an average 25% decrease in waterborne illnesses, including cholera and typhoid. Reforestation is also proving to be enormously successful in Mexico, despite the

initial skepticism by villagers.

"When Plant With Purpose began these activities, some of the people said that even their great-grandchildren would not see these pine trees," says Señor Raúl López from El Oro. "But now they are seeing the results of their work and ac-

spired for her family's future.

"Sometimes I wished that my children failed their final school exams because I was unable to pay for their school fees," she says.

After joining a community savings and loans group and receiving agricultural and business training, Elikao launched her own poultry enterprise, started a tree nursery, and even opened a small store. Her family eats well, and Elikao's children are being educated.

Empowering individuals like Elikao to realize their potential and recognize how to utilize and nurture the environment, is an essential part of the charity's work, and many lives have improved beyond expectation. A recent impact evaluation concluded that families in Thailand boast double the children in high school to that of non-participants, and 77% of participant Mexican farmers are cattle owners, harvesting 22 different crops — nearly three times that of the non-



**School boy planting ficus trees in Tanzania.**  
Photo courtesy of Plant With Purpose.

knowledging that this work of producing and planting should be a permanent program. Just as we cut down wood and use it to heat tortillas, we should produce and plant the trees."

Plant With Purpose also provides micro-credit loans and small-business training, teaches agricultural skills and encourages communities to pool their resources in order to help each other survive. In Tanzania, 2,436 people have collectively saved \$151,545 since collaborating with the charity, with 66% of participant households earning through micro-enterprises, including a mother of eight, Elikao Lyamuya. Six years ago, with just enough money to put food on their table, Elikao de-

participants. More success stories are reported throughout the 275 communities aided by Plant With Purpose.

Satre hopes growing awareness and continued support will enable Plant With Purpose to provide hope for many more rural communities struggling for survival, focusing next on Ethiopia and Guatemala.

"As we are able, we want to expand to help more people," he says. We especially want to concentrate on countries where rural poverty and deforestation occur together. For these countries — trees mean life."

**For more information, visit: [www.plantwithpurpose.org](http://www.plantwithpurpose.org)**

**Jac Smith is a freelance writer, residing in the UK.**

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# Diet for a New America

## How the Food Movement Is Gaining Strength

By Ocean Robbins

Our food chain is in crisis. Big agribusiness has made profits more important than your health — more important than the environment — more important than your right to know how your food is produced.

The United States now spends nearly **20% of GDP** on health care, and levels of obesity, diabetes, and chronic illness are **higher than ever**.

But even as so many people are suffering, beneath the surface, a revolution has been building.

From rural farms to urban dinner plates, from grocery store shelves to state ballot boxes, people are rising up and taking action. We are beginning to reclaim our food systems and our menus, and we are taking responsibility for our health.

In the seven years after my dad and colleague, John Robbins, released the first edition of his landmark bestseller *Diet for a New America* in 1987, **beef consumption** in the United States dropped by 19%. The National Cattlemen's Association, not pleased, pointedly blamed *Diet For A New America*. Since then, beef consumption has continued to slowly drop, while the **organic food sales** have increased over 26-fold, to now exceed **4%** of market share.

This year marks the release of the 25<sup>th</sup> anniversary edition of *Diet For A New America*, and it couldn't come at a more opportune time. People are taking an increasing interest in the way animals raised for food are treated. In fact, a **poll** conducted by Lake Research partners found 94 percent of Americans agree that animals raised for food on farms deserve to be free from cruelty. Nine U.S. states have now joined the entire European Union in **banning** gestational crates for pigs, and Australia's two largest supermarket chains **now sell** only cage-

free eggs in their house brands.

The demand is growing for food that is organic, sustainable, fair trade, GMO-free, humane, and healthy. In many cities



John and Ocean Robbins

around the world, we're seeing more and more farmer's markets (a nearly **3-fold** increase in the last decade), and more young people getting back into farming. Grocery stores (even big national chains) are displaying local, natural and organic foods with pride. The movements for healthy food are growing fast, and starting to become a political force.

Earlier this year, California voters put an initiative on the ballot that would have mandated the labeling of food containing GMOs. Monsanto and their buddies in the pesticide and junk-food business were forced to spend \$46 million burying California's voters under an **avalanche of deception** in order to narrowly defeat California's Proposition 37 in the November election. Though they won the battle, more than 5.5 million California voters had come out in favor of the "right to know." It was clear that the natural foods movement was becoming not just a lifestyle choice for a few hippies, but a political force to be reckoned with.

Now organizers in **30 other states have begun** to build GMO-labeling campaigns, and efforts

to improve treatment of animals, to make factory farms pay for the pollution they produce, and to reform the food offered in school lunches are all gaining strength.

### What You Can Do:

**Go to the movies.** Eric Schlosser's *Food, Inc.*, Drs. Caldwell Essleystyn and T. Colin Campbell's *Forks Over Knives*, and Jeffrey Smith's *Genetic Roulette* are some of the most popular and insightful films currently on the market.

**Boycott the bad guys.** Many people are choosing to boycott companies that **oppose labeling of GMOs**, that treat **farm animals** cruelly, or that profit from the sale of **junk food**. Other consumers are choosing to buy from the good guys. For example, the non-profit **Non-GMO Project**, which offers a 3rd party certification program, has now verified 764 products, and **had a record-shattering 189** new enrollment inquiries in October. You can also check out the **farmer's market** nearest you.

**Sign petitions for GMO labeling.** Want to work for policy change? A team of organizations, led by Care2 and the Food Revolution Network, have **launched a petition demanding** that Congress label GMOs, and it has already generated more than 57,000 signatures. Last year's **JustLabelIt** petition to the FDA, which generated more than 1.3 million signatures, is being revived in hopes that the FDA might eventually dig itself out of Monsanto's back pocket.

**Get politically engaged.** For the passionate activist, there's always more you can do, like lobbying your member of Congress, your mayor, your governor, your local media outlets, or your relatives. You can also join the Humane Society's campaign

for farm animal protection, or Farm Sanctuary's work for **animal welfare legislation**.

**Get engaged and informed.** For a directory of organizations working for healthy, sustainable and humane food, as well as free access to dozens of cutting-edge articles and tools to help you make a difference, you can join the Food Revolution Network. Or check out the newly-released 25<sup>th</sup> anniversary edition of *Diet for a New America*, the book that helped to launch the modern food movement. (See Review on page 33)

Big agribusiness would like us all to sit alone in the dark, munching on highly-processed, genetically-engineered, chemical-laden, pesticide-contaminated pseudo-foods. But the tide of history is turning, and regardless of how much they spend attempting to maintain their hold on our food systems, we will prevail.

*Ocean Robbins is founder and co-host (with best-selling author John Robbins) of the 75,000 member Food Revolution Network, an initiative to help you heal your body, and your world... with food. To find out more sign up at [www.foodrevolution.org/](http://www.foodrevolution.org/)*

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# Stolen Corn: Reclaiming Health in Native American and Latino Communities

By Tim Martinez

Obesity. Diabetes. Cancer. These are some of the most prominent diseases afflicting modern Native American, Mexican and Latino communities in the United States. Yet indigenous people in the past were much healthier, and did not suffer from the same epidemic of poor health pervading these communities today. They subsisted on a macrobiotic diet based around the consumption of the whole grain of the Americas — Corn.

The solution to these epidemics of degenerative disease and of the tragic and needless suffering of the Native and Latin American communities lies in returning to our traditional ways of living and eating. In these modern times, however, our ability to reclaim our heritage and health through the consumption of Corn is profoundly threatened by modern agricultural corporations and policies of the U.S. government.

Mexican people have a very ancient and intimate relationship with Corn. For more than 10,000 years, Mexican farmers selectively bred and domesticated Maize from its ancestor, a wild grass called Teosinte. Teosinte, from the Nahuatl “teocintli,” or “Sacred Corn” is different from our modern Corn. Over centuries, ancient Mexicans selectively picked the largest of the Teosinte kernels and bred from it the first ancient forms of Maize.

This domesticated whole grain spread throughout North and South America. It made civilization possible and was bred with incredible diversity, allowing for its adaptation to numerous climactic conditions. As whole grains elsewhere in the world, Corn took its place as the primary and biologically-correct staple food of humanity.

Corn was considered by all

who grew it to be a sacred gift. The Aztec, or Mexican people told of how Quetzalcoatl gave a kernel of Corn to people to plant, and they celebrated Centeotl, the maize god, as a source of life. Mayan legends tell of the Creators succeeding in fashioning the first humans out of Corn dough. The Giant White Corn of the Andes was sacred to the

be seen in traditional people such as the Tarahumara, or Raramuri people of Mexico. The Raramuri are arguably the best endurance runners on Earth, and it is well documented that those following a traditional diet were almost completely free of many common degenerative diseases. High blood pressure and obesity were unknown to them,



Artwork by Brooke Ormonde

Incas. For the Hopi, Cherokee, Iroquois and numerous other native peoples, Corn was and is at the center of their spiritual identity.

Corn was often grown with Beans and Squash, in a system known as the Three Sisters. Indigenous people who followed the traditional diet composed primarily of vegetables, corn, beans, squash, fruit, wild plants, fish and game, enjoyed abundant health and longevity, absent of the current epidemics of degenerative disease which so often plague their modern-day descendants in the U.S.

When Cortes and the Spanish conquistadors arrived in Mexico, they were amazed to discover that the Aztec lifespan exceeded their own by at least 10 years. The benefits of a traditional diet and lifestyle can still

and their cancer rates were extremely low. In fact, it is only since the introduction of modern processed foods such as top ramen, chips and soda, that the Tarahumara have had to invent names for diseases like “high blood pressure.”

Throughout time, when people would become sick, Native American healers would recommend that the patient “return to the arms of Mother Corn” in order to heal themselves. Just as Hippocrates prescribed a simple diet of Barley porridge to the sick, so the native people would consume a simple porridge, or Atoli of corn to reverse illness.

The traditional Native American diet based on corn and corn products such as tortillas, tamales, cornbread, pupusas, and atole remains the basis for

much of the modern cuisine of Mexican and Latin American people. The foundation to heal ourselves and our communities here in the United States lies in returning to our traditional ways of eating diverse, high-quality, whole-grain plant-based meals.

Our ability to “return to Mother Corn,” the sacred grain of the Americas, has been profoundly jeopardized by a modern threat which has changed the very structure of Corn on a physical and spiritual level: genetic modification.

**According to [carighttoknow.org](http://carighttoknow.org):**

“A genetically-engineered food is a plant or meat product that has had its DNA artificially altered in a laboratory by genes from other plants, animals, viruses, or bacteria, in order to produce foreign compounds in that food. This type of genetic alteration is not found in nature and is experimental.

GMO's have not been proven safe, and long-term health studies have not been conducted. A growing body of peer-reviewed studies has linked these foods to allergies, organ toxicity, and other health problems. These studies must be followed up. However, unlike the strict safety evaluations that are required for the approval of new drugs, the U.S. Food and Drug Administration doesn't require safety studies for genetically-engineered foods.”

As we can see from the information above, what has been for centuries a life-giving source of sustenance is fast becoming a food source with uncertain effects on health. **Currently up to 85% of U.S. corn is genetically modified.**

The agricultural biotechnology corporation Monsanto owns the patents on their genetically-modified seeds, and uses aggressive legal tactics to sue the small farmers for patent infringement.



ment any time pollen or seeds from a farm growing GM crops drift onto their land.

While there is still controversy over whether or not GM foods pose a risk to health, the fact remains that because of genetic modification, the genetic heritage of our traditional grain is in jeopardy. The loss of natural maize entails a loss not only of genetic resources and of cultural heritage, but the loss of a spiritual connection with the land and with the food that sustains us.

But there is hope.

Although the voters of California recently rejected the Prop 37 labeling initiative, momentum is building throughout the nation demanding that Americans gain the right to know what we are eating. In the meantime, for those who wish to avoid genetically-engineered corn while returning to the healthful diet of our forefathers, here are some other options:

Consume only the organic or non-GMO corn and soy. Nopaltilla tortillas, all Trader Joe's private-label products and the 365 Everyday Value brand at Whole Foods are all GMO-free. Gold Mine Natural Food Company sells a variety of organic corn masa online. One may also find already-made organic tamales sold by La Guera Tamalera in Los Angeles, CA.

If you wish to grow your own corn in your yard or in a community garden, be sure to grow from organic or heirloom seeds that were not genetically modified. The Seed Savers Exchange is a great organization dedicated to saving and sharing a wide variety of heirloom seeds.

It is my sincere hope that as more people embrace the traditional diets of all of our heritages, that we will safely navigate through this environmental and health crisis facing our world, and work together to create a better and more just environment for all. As we move forward in good health and in good spirits, let us restore balance to the world as we have done so within ourselves.

**Tim Martinez lives in Pasadena and is a student at California State University, Northridge. He is a board member of a non-profit land conservancy, and is Outreach Coordinator for a local environmental organization. <http://arroyosage.blogspot.com/>**



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# Cultivating Singularity

## *An Earthkeeper's Way to Integrate the World of Ego and Spirit, and Re-ignite the Fire within*

By Adam C. Hall

Each year on Martin Luther King's birthday, I feel called to invoke a new dream. This year I reached deep within to be bold like never before. I prayed for an end to our collective nightmare. And called for the beginning of a new earth. I asked that we all recognize our oneness with nature and each other. I saw each of us as an EarthKeeper, one who tends to the well-being of our people, planet and humanity.

EarthKeepers share a secret that is found in nature. Over the millennia these men and women have received nature's gift. As EarthKeepers we know that, in order to be in a relationship with the outer environment we must first be in relationship with our inner environment. Additionally, we know that the key to a long, prosperous life, the balance of both is essential. We recognized that a steep imbalance could lead to the eventual undoing of humanity.

The world as it stands today, both on the individual and collective level, has reached this imbalance. This tipping point calls upon all EarthKeepers to stand now and take action. It calls us to come together to bring harmony and balance to

the new world that lies before us. We are after all, the ones the earth has been waiting for. As the nightmare of old comes to a close, we ask ourselves what will unfold in the new? How can we let go of our habitual earthly addictions and integrate the positive aspect of the past with the peaceful and loving aspect of the present?

### THE NIGHTMARE

Just a few years ago I heard Wayne Dyer say, "We are spiritual beings, having a human experience." This statement had me puzzled, as I thought it was the other way around. At the time I heard Dyer speak, my life was confusing and uncertain. I had been living a picture-perfect life; the quintessential American dream. However, there was one thing missing: the joy of my being. I was unhappy. No amount of money could heal the emptiness that came from the resignation that I felt in those powerless moments of fear and despair.

Dyer's famous words inspired me to closely examine the difference between the two seemingly separate and opposite worlds of the physical/ego and spirit/

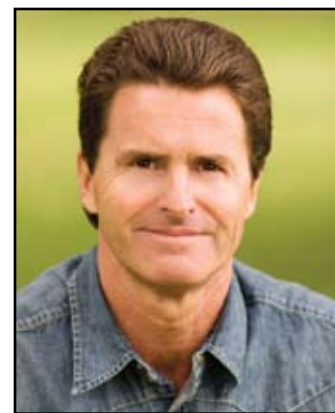
Divine. At the time, I was actively seeking meaning. I desired a life based in trust and certainty full of peace and love. The American dream, that had been ingrained by society's collective reality as created by TV, news, radio, money, war, and ongoing global conflicts, turned out to be a nightmare.

My passion for life began to wane. I was being consumed by the physical/egoic underworld. It was inconsistent with what my heart truly desired, a spiritual life. One in which I could fully embrace the egoic and spiritual worlds as one. However, that was not to be. I was forced to take immediate action or suffer the loss of my physical health or even worse, the loss of my soul. The moment had come to dream a new dream. A dream that would end the separation of the two worlds and finally put an end to my living nightmare.

### TWO WORLDS

I was trapped in the predatory world of the ego. Stuck thinking and feeling that I was merely a body that lived only to die. In this world I was in a constant state of seeking validation and self worth. The more I conquered and acquired, the bigger and better I would feel. Happiness was based on doing and it came at the expense of the joy of being. The law of the jungle ruled the day, eat or be eaten. Life was seen and experienced from an underworld of dark-ness, hidden in the shadows of the material world, such as money, cars, and belongings and ruthless separation from the natural world. I was lost in the woods of my existence and blinded by a limited perception and experience.

I was living in a world where I felt like a foreign being. I had



been blinded by this reality and was unable to experience the greater wholeness or rather holiness of my life. In an instant of deep forgiveness of myself, a profound metanoia occurred. This metanoia was a change of heart, an awakening that turned me upside down and around, pointing me in an opposite direction, leading me to a path to become a fully-baked human. It set me off on a ten-year quest to reclaim the quintessence of my character. What was lost in the woods of the underworld was soon to be found in the upper world of the mountains, jungles, oceans and majesty of Mother Earth. A new dream began to emerge.

### THE GIFT OF NATURE

Emerging from the underworld, I realized that the doorway to the upper world of the Divine was all around me. Nature herself was the door, and I held the key. There was one catch; I just needed to figure out how to turn it. It was not as simple as opening the front door to my home. I needed to come into a deeper relationship with my own inner nature, the essence of my spirit. The unseen, inanimate, multisensory world of spirit was completely foreign. It had long conjured up feelings of fear and death, so I chose to avoid the topic entirely. However, the spiritual aspect of myself did not avoid me.

It became clear that there were two of me. One I referred to as the ego, or little Adam. The latter was the loving spirit, big Adam. The little Adam had longed for a world without big Adam. The narcissistic side of me was often raging war against

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the Divine within. All the while the spiritual Adam sat idly by waiting for the chaotic battle and war to end. Big Adam craved for nothing more but peace, love and joy.

I consistently asked myself, what I needed to do to turn the key. Clearly, I needed to close the door on the nightmare of the past and open the door to the magnificence of the present.

One day while I was sitting in the Amazon Jungle, the walking tree I was leaning up against suddenly spoke, "Adam." Startled, I looked around. *Who was that I asked?* The voice continued.

"Do you want to walk forward in life and leave the old egoic world behind?" YES! I quickly blurted out. "You see Adam, I am the walking tree and if I do not walk, I die." So, what does that mean? I asked. And the tree replied, "Think of yourself as me, close your eyes and become me." As I closed my eyes, I felt the greatness of this tree which somehow stays rooted even as it moves along the earth.

I felt a surge ripple through my spine. "So, Adam what did you see or feel?" the tree asked. A surge of energy, I exclaimed. I sat up and walked around, excited to be tapping into the voice of nature. I sat next to the tree again, and she asked, "What did you learn?" As I took a deep breath, out of nowhere, came the words, "In order to walk on, you must lighten the load." I was carrying the burden of the physical and psychological pain of my ego. My tree, so to speak, could not walk forward because it was weighed down by the past. I needed to let go of the baggage, to "lighten up." As I got up to leave, I wrapped my arms around the tree and gave her a big squeeze.

### THE BRIDGE

After the conversation with the walking tree, I began to connect deeply with nature. The more I aligned with my inner environment, the more I became one with the outer environment. With every new ex-

perience, Mother Nature revealed her gift to me. I always felt safe and loved by her. The environment became a place of trust and certainty. Her wisdom was profound. Each time I surrendered a painful aspect of the egoic world, the warmth of spirit, the joy of being, filled my soul. As the upper world of the Divine began to emerge, life became balanced and harmonic.

We are all EarthKeepers . . . Divine beings. Each of us holds the key to cultivating oneness. When we clean up our own inner landscape with the gift of nature, the nightmare of duality becomes the bliss of singularity. Each of us, as a Keeper of the Earth, beholds the greatest gift ever known; the key to integrate the dualistic world into a single, purposeful life based on certainty and peace, full of love, joy, safety and truth.

Integrating the dualistic world of ego and spirit serves a purpose. It gives us access to the Divine. This unification process calls upon each of us to be courageous and fearless, all at once. Though difficult and seemingly impossible, we can choose to become the spark that ignites the internal flame within, the Koyopa.

Merging into the singularity of the Divine is given. As EarthKeepers, we should and must receive this gift. It is our sacred duty to serve our humanity and honor traditions of the earth. We are the internal flame, may it always be bright.

**Adam C. Hall is the author of *The EarthKeeper*, ([www.earthkeeper.us](http://www.earthkeeper.us)), Board Chair of Earth Service, Inc, and managing Partner of EarthKeeper Legacy Partners, LLC. For more information visit: [www.earthkeepermovement.org](http://www.earthkeepermovement.org)**

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# Healthy Eating Habits & Healing Core Issues Related to Weight Gain

By Kathleen Downey, CSC



Winter nights are long, and comfort eating can substitute for being outdoors exercising. Our bodies can change during this time, when we age, during pregnancy or with emotional trauma. With a little help, you can be the healthiest you that you have longed to be now that Spring and longer days are here.

Start with a commitment to change your diet. Stop addictive sugar, dairy and wheat products. A week or two of guided liver colon cleansing and diet change will give you the opportunity to be healthier, live longer, have more energy and look younger.

Your liver is your body's filter system. Imagine if you didn't change the filters in your car, it wouldn't work as it should, and eventually the car would break down. An example of how important it is to clean your digestive system is established not only by the many digestive diseases recorded, but by the British Medical Society's paper on the importance of cleaning the colon, which they state has a neurological arc to all the other organs.

The British scientists experi-

mented with live chicken cells in petri dishes and found that if they cleaned the cells of waste products daily they stayed alive, but if they missed a day or two the cells started to die. Recognizing how important it is to keep your body's cells and organs detoxified and in good working order is part of the first step.

There are many choices on the market for cleansing these important organs. The best way to find out what works for you is to seek out someone who is trained in nutrition and herbal remedies and has experience beyond a few years. My colleagues and I, at Core Level Healing, have thirty-five years of combined experience in private practice, guiding people to healthy lifestyles, detoxifying, diet changes and more. We can direct you as an individual, keeping in mind that everyone is different. Some products for detoxing the liver and colon have combined several ingredients meant to do similar things. That sounds great, however one or more of the ingredients in combinations like this may not be right for you.

Therefore, we have incorporated ways to test and direct you to the products and foods that are least allergenic to you.

Second, don't make the mistake so many people do; do not indulge the day before you start a detoxifying cleanse. Cookies, wine and ice cream will still be there, however you may not be interested in indulging in this type of food once your taste buds wake up and develop new interests.

If you feel bloated, have stiff joints, diarrhea, flatulence, stomach pain and show early signs of depression, there are several things that could be happening. You may have developed Candida Ablicans due primarily to food fermenting in the in-

testinal tracks causing yeast in the gut. This is caused by several factors, diet — too much sugar, wheat, dairy, alcohol and fermented foods. Other causative factors include environmental and emotional influences. Do not under-estimate the influence of your emotional self with regards to body function or weight gain.

Many of the symptoms described here can also be caused by malabsorption, which is part of an inability to digest certain foods — wheat, dairy, soy, fructose are common culprits, normal foods we have eaten since birth. Fruits are often viewed as part of a healthy diet unless they are eaten when fructose is of larger value than glucose in foods. Fructose is absorbed in the small intestine without the help of digestive enzymes. However, only about 25-50g of fructose per sitting can be properly absorbed even in healthy persons. Once in the large intestine, if fructose has not been adequately absorbed, it reduces the absorption of water osmotically and is metabolized by colonic bacteria into short-chain fatty acids. These produce by-product gases — hydrogen, carbon dioxide and methane. Aside from gas it makes one feel dehydrated even when drinking water.

It's important to learn about your intolerance to different foods and how to keep your body healthy during and after detoxification. Certain eating habits and foods that have unknowingly caused you stress, and digestive problems can be recognized and eliminated with our process of detoxification and healing core-emotional issues related to being unable to digest certain foods.

The liver, large and small intestines and the colon not only process foods, they also process emotions. The liver responds to

emotions of mental irritation, anger and repression. Anger and repression can cause the liver to malfunction if one's nervous system isn't strong enough to verbally or physically protect it, and an overworked liver's imbalance can cause anger. The small intestines regulate heat to the heart and relate to discernment (decision-making processes), the large intestines and colon to the past and memory related to time — past, present, and future. Are we eating to indulge old repressions that are remembered subconsciously?

As you detox you will notice memories and emotions start to surface. Sometimes our behavior seems erratic during detox, which is why it is important to get out of our heads and into our hearts through the oldest meditation practice. The Shaman's journey is a first-hand experience with your spiritual life giving you the opportunity to connect with supportive spiritual help to keep you feel safe and grounded.

Soul Retrieval and Past-Life Therapy work to help us understand the basis for the emotions and the bigger picture making it possible to clear up the core reasons for our health conditions. Detoxing, Soul Retrieval and Past-Life Therapy combined are your greatest support team for a healthy, abundant and very happy life.

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As daughter and disciple of Master Liu Chi-Jen, Jenny has first-hand experience in Feng Shui.  
Please see her article in this issue.



# Come Explore and Celebrate the Divine Feminine in All of Us!

By Gail Silverman

Longing for a deeper connection to Mother Earth and the divine feminine residing within all of us? The Shakti Fest Ommersion is the perfect place for you this spring, taking place May 17-19, 2013 in the beautiful high-vibration setting of the Joshua Tree Retreat Center in Joshua Tree, CA.

Shakti Fest is presented by the producers of the Bhakti Fest events and is a smaller, more intimate gathering where attendees can immerse themselves in Bhakti: "the path of the heart." Returning for its third year, expect an incredible weekend including non-stop Kirtan (spiritual music), yoga, workshops, and engagement with a community of other beautiful like-minded beings.

Shakti Fest presents Kirtan performances through a variety of genres: from traditional to jazz, rock, pop, hip-hop and more. Performances will include some of the best-known artists such as Jai Uttal, Dave Stringer, Donna De Lory, Sean Johnson and the Wild Lotus Band, Larisa Stow & Shakti Tribe, Saul David Ray, and many more. Like all of Bhakti Fest events, you can expect some great surprises and to catch some of the freshest talent that is just about to break through.

Come move your body and your spirit with a huge variety of yoga classes and workshops from the most world-renowned teachers and spiritual leaders. A beginner? Have no fear, Shakti Fest offers a variety of classes from sun up to sundown.

Some of this year's workshops

include classes on spiritual empowerment, transformation and liberation, heart-opening, Bhakti Brazilian dance, and the path of love, to just to name a few. There will be several ongoing yoga class offerings in two halls with amazing teachers like Kia Miller, Shiva Rea, Sara Ivanhoe, Mark Whitwell, Radha, Govindas and more.

Shakti Fest is your chance to delve deeper and experience the union of the physical, mental and spiritual. Your heart will burst open as you dance, sing, play, and experience spontaneous outbursts of joy and love all weekend long!

Attendees will be invited to leave the busy world behind and immerse themselves in a conscious community for three full days. They will experience an independent thriving community, complete with an eco-friendly vendor village of more than fifty artisan merchants who will offer high-vibrational raw, vegan, vegetarian foods, and delicious beverages.

The Joshua Tree Desert Retreat Center is the perfect setting to foster inner reflection and spiritual reconnection because of its peacefulness and natural desert beauty. Thousands have come back since 2009 to experience the Bhakti Fest events at this pristine resort. Accommo-

Each time a man stands up for an ideal... he sends forth a tiny ripple of hope..."

— Robert F. Kennedy



Yoga and Kirtan bliss in the Bhav. Photo courtesy of Fluid Flame Photography.

dation options include three hotels in the area and rooms, camping and RVs on-site.

Bhakti Fest has been offering incomparable yoga and world music since 2009. The events embrace ancient and modern sacred wisdom, and traditional and non-traditional spiritual practices. It was originally organized by **The Center for Spiritual Studies (CSS)**, a non-profit foundation created in 1973 to generate one united voice for yoga and chanting.

CSS has now licensed **BhaktiVentures** to handle the Bhakti Fests. Monies raised from the Bhakti Fests will be donated to CSS to be disbursed to its various charities such as Food for Life Vrindavan, Ramana's Garden, Seva Foundation, and the Love Serve Remember Foundation.

CSS was founded by Sridhar Silberfein who has been on a

personal spiritual quest for over thirty years. He has hosted several eminent Indian saints and teachers such as Swami Muktananda, Kalu Rimpoche and Ammachi. He produced the docudrama "River of Love" on the life of Ammachi, has been instrumental in managing Ram Dass' return to health and producing his retreats.

He brought Swami Satchidananda to Woodstock as a young yogi, at which time he committed to one day producing a spiritual equivalent of Woodstock, which now embodies the three Bhakti Fests: Shakti Fest, Bhakti Fest Midwest and the original Bhakti Fest held every September (celebrating its 5th Anniversary this year).

**Details and tickets for all Shakti Fest and other Bhakti Fest events are available at [bhaktifest.com](http://bhaktifest.com).**

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# Taking Care of Our Planet Physically and Mentally

By **ULRIKE**

I was scrutinized by a friend a couple of months ago when he watched me washing out a ketchup bottle before throwing it into a recycling bin. "What are you doing?" he asked, with a smirk on his face. "Aren't you going a bit overboard? You are cleaning trash before throwing it into the garbage?" "Nope," I snarled back at him, "we can't be too caring when it comes to our environment. Every little bit helps!"

I read on a flyer the Sanitation Department sent recently, that cleansing the cans and bottles of food or debris before discarding them into the proper vessels, will really help them out in the recycling process. So why not — it takes 2 seconds!

Unfortunately, American culture in general is used to wastefulness and a selfish 'someone-else-can-deal-with-it' attitude. I can't speak for the rest of the world, but I can speak about a small, often overlooked country called Austria, my birthplace.

Even 30-plus years ago, I still remember clearly, my mother and the other family members would bundle paper neatly (yes, neatly) before stashing it into a container until the weekly assigned drop-off day had arrived. The food cans and bottles were rinsed out and driven to the nearest recycling center, with boxes of paper and plastic items. The convenience of trucks picking up those items at your door step wasn't available at the time. However, the city expected all citizens to participate and no one thought that was intrusive or inappropriate. Everyone felt it was their duty.

So let's take another look at how we can make the same commitment to our planet. Each of us, individually, might not have a great impact in this undertaking, but as with all matters, a collective effort can move mountains — literally.

Here are a few facts about re-

cycling that might be of interest you: The average person uses 650 pounds of paper each year, 2.5 million plastic bottles are used every hour in this country, about 80% of what Americans throw away is recyclable, and our recycling rate is only 28%. I think, like with everything in life, education is the key. Do you spend your time researching environmental issues and how to solve problems? Probably not — but starting right here and now in your household, and teaching your children the importance of living with compassion and concern for our planet is a must. Each and every one of us counts, each and every one of us can make a difference.

From a metaphysical/mental perspective, taking care of our Mother Earth has great importance. Our carelessness reflects the uncaring attitude about everything but ourselves. Having said that, and knowing our thoughts and actions are causative and responsible for everything that befalls us every day of our lives, we must change our habits and mind models about life itself.

Life is a gift. It is to be cherished and nurtured. We're here to learn and grow and find our way back to the Light. As our journey includes the all-inclusiveness of Love and responsibility to help and uplift our fellow kindred spirits, it makes sense to start with the smaller things first. How will you be able to live according to the Laws of the Universe if you can't live according to earthly Laws?

Our capacity to love does not stop at people — it includes all living creatures, plant life and Nature itself; and if you and every one else creates a little piece of heaven — just imagine! The world would be heaven itself!

**Ulrike can be reached at [modernthoughttheories@gmail.com](mailto:modernthoughttheories@gmail.com) Visit: [modernthoughttheories.com](http://modernthoughttheories.com) or [www.facebook.com/modernthoughttheories](http://www.facebook.com/modernthoughttheories)**

# Feeling Suicidal?

By **Alex Strande, MS, Ph.D.**

Suicide is the act of intentionally causing one's own death. Suicide is often committed out of despair, the cause of which can be attributed to a mental disorder such as depression, bipolar disorder, schizophrenia, alcoholism, or drug abuse. Stress factors such as financial difficulties or troubles with interpersonal relationships often play a significant role. Over one million people die by suicide every year.

The World Health Organization estimates that it is the 13th leading cause of death worldwide. And the National Safety Council rates it sixth in the U.S. It is a leading cause of death among teenagers and adults under 35. The rate of suicide is far higher in men than in women, with males worldwide three to four times more likely to kill themselves than females.

Where there is a feeling of being suicidal, there is depression and anxiety as well. The three quite happily co-exist like partners. Anxiety, though, has a different quality of energy. Depression has a heavy energy to it; and almost palpable gravitational pull that draws you inwards and downwards. Anxiety, on the other hand, makes you feel uptight, panicky, scattered and ungrounded. The literal meaning of anxiety is "twisted rope," and that's often how we feel when we are apprehensive about the future or feeling out of control.

In various studies a significant association was found between suicidality and underlying medical conditions including chronic, mild brain injury, or traumatic brain injury. The prevalence of increased suicidality persisted after adjusting for depressive illness and alcohol abuse. In patients with more than one medical condi-

tion, the risk was particularly high, suggesting a need for increased screening for suicidality in general medical settings.

Sleep disturbances such as insomnia and sleep apnea have been cited in various studies as risk indicators for depression and suicide. In some instances the sleep disturbance itself may be the risk factor independent of depression. A careful medical evaluation is recommended for all people presenting with psychiatric symptoms as many medical conditions present with psychiatric symptomatology. The major medical conditions presenting with psychiatric symptoms in order of frequency were infectious, pulmonary, thyroid, diabetic, hematopoietic, hepatic and CNS diseases.

Conservative estimates are that 10% of all psychological symptoms may be due to undiagnosed medical conditions, with the results of one study suggesting that about 50% of individuals with a serious mental illness have general medical conditions that are largely undiagnosed and untreated and may cause or exacerbate psychiatric symptoms.

Poisonous drugs also known as prescribed pharmaceuticals do not cure anything or anybody. They might temporarily relieve something, that is all. The fastest and the only way to get rid of feeding suicidal is to nourish the organ involved; central nerve system/brain. Selected liquid herbs and amino acids do just that. Dr. Strande has saved many lives over the past 30 years by using therapeutic doses of natural nutrients. Visits can be scheduled by telephone to interstate and international patients. Face-to-face visits are available to those in the Southern California area.

**Aleksander Strande, ND, PhD, is a microbiologist and a naturopath. His special interests are: difficult-to-help conditions. His office is located at 3017 Clairemont Dr. in San Diego (Clairemont Village Center next to Keil's Grocery). Call (619) 607-4211 for questions and appointments. Visit: [www.simplyhealingclinic.com](http://www.simplyhealingclinic.com)**

Feel gratitude towards everything and you will be showered.

— Paramahansa Nithyananda



# Own What You Eat

By Isabella Stolloff~Shaman

I have always had a love for nature. I grew up in the Hollywood Hills and would hike for hours along the hillside. We had beautiful avocado, walnut, and kumquat trees in our yard. My mother would give me whole tomatoes with salt and I would bite into the juicy red ball and taste the yummy goodness. We could pick the fruit off neighbors' trees and eat our fill. Even in our relatively urban Beachwood Canyon we had many varieties of healthy fruit trees. Today, those trees are long gone.

I can remember the first KFC to enter my world. Oh how my mother loved those mashed potatoes and gravy. In those days everything was still made fresh. Then came McDonalds and Jack in the Box. Healthy natural food was being replaced by "convenience food." No one was truly aware of what was to come.

In the 1960's, our mothers began working. Family dinners at the table became a thing of the past. We plopped down in front of the television set with our TV dinners or fast food and were told to be quiet until the commercial. The avocado tree was cut down and all the others in our yard got diseased and soon disappeared from sight.

Thank goodness my mother saw the destruction of our diet in these so-called healthy fast foods and TV. She began limiting my use of television saying it would rot my brain. In the 70's most of my family went vegan and talked about organic food and holistic approaches to wellness. My mother lived to be 85. She made her own Kumbacha tea before anyone knew what it was and drank Dr. Schultz super food. But this was not the case for most Americans.

To know that even one life has breathed easier because you have lived, that is to have succeeded.

— Ralph Waldo Emerson

Now, our land and our food are being poisoned and we are slowly dying. Recently on TED.com, Chef Jamie Oliver gave a passionate speech on how kids in the U.S. today will have a shorter life span by ten years due to poor nutrition. This is sad indeed.

The solution? Grow your own food or if you cannot, buy local organic. Now, many of you will say "but it's so expensive." The truth is the money you'll save on doctor and hospital bills in the long run, will far outweigh the cost of organic produce. Think of all the prescription medications that have become supplements to our unhealthy diet. As we know, many Americans are suffering from type 2 diabetes and obesity. Pay attention to your food and where it comes from; own what you are eating.

We have not only lost touch with our food but also with our connection to the Mother, our planet earth.

In the old days people had a stronger connection with the planet. Farmers would roll seeds under their tongue so the seed would know how to feed their DNA. This may sound strange but think about it. Seeds grow into living organisms. They nourish our bodies and feed our families. It is important to know what the seed is made up of before ingesting it. If it has been genetically modified or injected

with poison how can it be beneficial?

Genetically-Modified Food will destroy us. GMO's have diminished nutritional value and the danger of eating GMO seeds has not even begun to be discovered. A marvelous example to follow is Vandana Shiva. She has been working since 1987 saving seeds from colonization. She says that community farms should be a part of city planning. Vandana works tirelessly for future generations to have clean seeds.

My little girl self who once sat in the walnut tree and swung on the branches of the avocado tree has come back to remind me of my connection to the Mother. As a Shaman, I connect to the spirit of the land, Pachamama. I listen to her heartbeat. Pachamama has been asking me to assist others in reconnecting their spirit to her as well. She is our Mother and wants to take care of us but we have forgotten how to honor her.

There are many ways to honor and reconnect with Pachamama. Start by listening. Trust your intuition. Educate yourself and your children about seeds. Shop local organic and tell others who do not know about the problem with GMO seeds to do the same.

I spend time visualizing the world in which I wish to live. Spend a few moments everyday in silence. Remember your inner



child, the one who knows how to listen to Pachamama. Breathe in beauty and breathe out all that no longer serves you. Visualize what you would like for future generations. Expand your heart with each breath and connect to our Mother. During your visualization meditation imagine you have an "idea seed." Plant the seed and watch it grow. Create your own reality with this "idea seed." Spend a few moments every day tending to the garden of your mind. Send loving vibrations around the planet and eat as healthily as you can. We are the stewards of this beautiful land. This is our home and together we really can make a difference.

**Isabella Stolloff is a Shaman of the Light & the Golden Condor Healer. She founded the Orange County Healing Center in 2009 and guides people on spiritual journeys to Peru and the Amazon Jungle. Her innovative healing style is like nothing you have ever experienced. Sessions with Isabella are life changing. This year she will be holding a workshop, "A Journey to our Soul," at Sedona Mago Retreat Center in Sedona, AZ on April 26-28. For more information, visit: [www.ochealingcenter.com](http://www.ochealingcenter.com) or call (855) 444-4495.**

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# Going Overboard

By Vaishali

Like most people I have seen hours and hours of programs examining various aspects of the fascinating, albeit brief journey, of the Titanic from inception to sinking. It never fails to amaze me how every now and then another detail surfaces to reveal yet another deeply personal dimension suffered by those on the ship or by those who lost a loved one.

The luxury liner required over 900 crewmembers to keep it in top form. Whether it was musicians, cooks, bartenders, chambermaids, or waiters, the Titanic needed this small army of laborers to meet the needs of 1,316 passengers. Only 215 crewmembers out of the 913 that started the voyage survived.

According to a recent History Channel program, the White Star Line, owner of the ill-fated vessel, sent something to 698 families who lost a father, sister, brother, daughter or son. Some families found it waiting when they returned home from a memorial service for their departed loved one, who died a traumatic death due to no fault of their own.

Are you curious to know what the White Star Line sent to these families? Take a deep breath. If you are not already sitting down you may want to stabilize yourself before reading further. The White Star Line sent a bill to all these families for reimbursement for the cost of the uniform "lost" when their loved one went down with the ship.

I find that unimaginable. But then again, this is the very same White Star Line that took no re-

sponsibility for the ship's sinking. Bruce Ismay, chairman and managing director of the White Star Line, also on board the Titanic, found himself a seat on a lifeboat when over a thousand men, women and children perished that evening for lack of space on a lifeboat.

In a Congressional hearing held right after the sinking, Ismay placed the responsibility for what happened that night squarely on the shoulders of Captain Edward Smith, who did go down with his ship and was conveniently not present to defend his version of reality.

If Ismay had in any way influenced the command decisions made that night by instructing the Captain to maintain a dangerously high speed through an iceberg zone, then and only then, would the White Star Line have any responsibility for damages and lives lost.

With the same single-mindedness that put him on a life boat while mothers and children were left behind to be swallowed whole by the frigid North Atlantic, he swore at a hearing that the Captain alone made all the decisions on that infamous night, thus rendering himself and his company completely beyond the grasp of any legal accountability.

It is interesting to note that there was a first-class passenger who testified also that Ismay had told her, before the vessel was mortally wounded, that he knew the ship would be arriving hours before expected, because he had ordered the Captain to do whatever was necessary to expedite arrival.

In the end, the Congressional hearing absolved Ismay and the White Star Line of any legal liability. Although Ismay managed to dodge a financial and legal bullet, his unsinkable reputation for cowardice followed him until the day he died, leaving the indelible mark of a pariah.

What never ceases to amaze me is the ease with which some people side step their own conscience. It wasn't enough that he cheated death when many lives on *his* ship were lost. It wasn't enough that he greased himself up and slipped through the legal noose. He put all that behind him with record speed, looked around, and set his sights on how he could line his pockets with money from any salvageable source.

Considering just how fast the families of lost loved ones found themselves holding the bill, and the accompanying stiff, heartless slap in face, there must have been literally no time between absolution in the U.S. courts and an order to bill the surviving families for uniforms these condemned people had the bad taste to die in.

Next time you are watching the news or reading something on-line that leaves you shaking your head and picking up your jaw, unhinged by some head revolving, unbelievable information you have taken in, stop. Take a deep breath. And remind yourself that heartless, insensitive, consciousnessless acts have been around for as long as people have populated the planet.

The job of those who wish to leave this place in better condition than we found it is to have and remember an inner place of integrity; the core inside of those who love and value what is good and true will always be beyond the grasp of sinking ships, unjust legalities and the mean-spirited greed of those who are committed to using the Earth as their own private toilet by creating hell on Earth with their actions.



The love of doing what's good and true is something that every major Spiritual tradition reminds us. This is what we take with us when we leave this life behind and graduate to the next level of awakened consciousness. The planet Earth classroom is where we practice realizing that alignment. This is where we practice choosing to honor a greater unconditional love of truth and what is just and right, as that is what gives our life meaning and deeper purpose.

The challenges we can't fake it through, and the manner in which we respond to the tyrannical and life-diminishing challenges we face, is how we embody the beacon of Light we came here to be. In other words, these events are how we come to know that what is limited in nature is no match for the power and invincible resilience of our Soul. All the horrors we see here are the means by which our love for what is good and true excels, evolves and ultimately sets us free.

So the next time you find an unexpected bill in the mailbox, or you hear about some other unthinkable tragedy, remember that you came here to practice choosing love over fear; what is good and true over greed and cruelty. For that is the only authentically unsinkable ship ever created by Heaven and Earth.

**Vaishali is the author of "Wisdom Rising" and "You Are What You Love." She is also a national health and wellness speaker and radio host of "You Are What You Love," heard weekly at [www.purplev.com](http://www.purplev.com), Sundays at 11pm. PST worldwide, and on Contact Talk Radio, Fridays from 1pm to 2pm. PST. Vaishali learned to transform her life from the threat of two terminal disease diagnoses, domestic abuse and financial devastation. Join her at The Alive and Healthy Conference aboard The Queen Mary on March 22-24. [www.purplev.com/alivehealthy](http://www.purplev.com/alivehealthy)**

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# Appropriately Treating Sinusitis with an Antibiotic Alternative

By Steven R. Frank

In order to understand the problem of chronic sinusitis, a little background is necessary. Sinuses filter the air we breathe and they are our first line of defense to trap airborne pathogens like viruses, bacteria and fungus. There are always fungus, bacteria and viruses in the sinuses and always will be. An "infection" occurs when the number of these pathogens gets so high that the immune system cannot keep them in check.

This point varies from individual to individual, and it is at this point when the number of microbes has grown to a level where the symptoms produced from the exotoxins they create and tissue damage they produce are problematic. The result is tissue inflammation, general malaise, toothaches and headaches associated with pressure and drainage problems.

The reason antibiotics are a very poor solution is quite simple. Fungus can grow on the surface of the sinus mucosa with relative impunity. Antibiotics do not kill fungus. Bacteria grow on the surface of the fungus and are thereby protected from the reaches of the body's immune system.

Treating this condition with systemic (orally administered) antibiotics produces high levels of antibiotics throughout the patient, from the head to the toes, with resultant problems in digestion and subsequent yeast infections. The antibiotics don't however, reach the bacteria that are isolated by the fungal layer in the sinus passageways and will not harm the fungus at all. This is an ineffective means for treating a sinus infection.

What is needed in this situation is the direct application of an active agent that is both anti-fungal, anti-viral and anti-bacterial. This agent must be applied directly to the pathogenic over-growth, and this indicates

application on the air-side of the sinuses. This can be accomplished simply by spraying the active agent intra-nasally while inhaling so the antimicrobial fluid follows the same path the invading pathogens follow. It will land on top of the colonies and kill them directly.

Another approach is to use an antimicrobial agent in a neti pot. A neti pot is simply a small container with a nozzle that fits in the nostril. The pot is filled with fluid and poured through one nostril where it circulates through the sinuses and out the other nostril.

The entire sinus cavity can be coated or soaked with antimicrobial fluid. This tremendously attenuates (reduces) the population of growing microbes in the sinuses without circulating the active agent throughout the bloodstream and the entire body.

With the nasal spray technique, it's very important to realize that bacteria and fungus can double in numbers every 20 minutes. Since the reach of the spray is rather limited, it's important to kill as many pathogens as possible. This means re-spraying every 20 minutes so the attenuation rate exceeds the rate of replication. The other issue is that the body's natural defense to excessive pathogens in the nasal area is to increase mucosal flow.

Normal mucosal flow is on the order of 1 liter per day. This will carry anything that's been sprayed or has landed on the nasal mucosa out of the region in a very short time. In order for a nasally-administered antimicrobial agent to be maximally effective, it must be re-administered every 20 to 30 minutes.

Neti pots provide a thorough soaking, since the fluid can be trapped in the sinuses by the user for 5 to 10 minutes at a time, and this procedure need only be

performed a few times per day in order to see dramatic results.

Simply flushing the sinuses with saline using a neti pot only removes the rather loosely-held planktonic bacteria and fungus and does absolutely nothing to kill the growing population. Trapping and holding a powerful anti-microbial in the sinuses for 10 to 15 minutes twice per day is quite simply the most effective means of bringing this type of infection under control.

The antimicrobial agent that seems to support this killing of virus, fungus and bacteria is an enhanced silver-colloid solution. The amount required to accomplish this treatment is generally 10,000 times less than the amount required to produce signs of argyria. Additionally, most of the liquid is not ingested when a neti pot is used, it is released out the other nostril after a 5 to 10 minute containment. There are a number of purveyors of weak silver-colloid solutions on the web. Some are available in nasal spray bottles.

Clinical and laboratory studies have demonstrated a mixture with polysorbate 20 aids in the penetration of the bacterial cell walls and that 30 to 40ppm concentration is necessary and sufficient. Other studies have indicated that colloids which have been compounded to reach high concentrations perform more poorly even though they expose the patient to a higher dose. A couple of good all-around products for this course of treatment are Super Neti Juice and Sinus Relief from Nature's Rite.

The greatest discovery of my life is that a human being can alter his life by altering his attitude.

— William James



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**Steven Frank is a natural products designer and herbalist with Nature's Rite, LLC. Visit: [www.MyNaturesRite.com](http://www.MyNaturesRite.com). He has been researching improvements in natural healthcare for more than a decade and has numerous patents in areas of antiseptic and herbal products. He can be reached at [stevef@naturesriteremedies.com](mailto:stevef@naturesriteremedies.com)**

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# Shanty Town Transcendence

## The Healing Power of Peace

By Marlise Karlin

You could see how the light had dimmed from their eyes and faces. Some of their struggles were those we have never had to deal with in the Western world, while others were similar — the deep sadness and grief that comes with resignation and hopelessness. Much of the sadness recorded on their dark-skinned faces was from the hardships they endured.

I arrived at the rural clinic in the middle of the Mara Plains, the home of the Maasai tribe, not knowing what to expect. Their new clinic, with freshly-painted stucco walls and blue-lined windows, stood out like a lone jewel at the edge of a shanty-style town. Talek Village looked like a surreal movie set of one-room buildings with tin siding, no plumbing and no windows.

The previous night had been simply magical; a *Stillness Session* brought untold gifts to a tribe of Maasai warriors. It was part of the golden thread that was to weave a series of mystical events into my life, and into the world of these disheartened women, just waiting and wanting for life to offer them more than it had.

Doubtful, sceptical, and questioning: *Who is this woman and what could she possibly tell me about my life?* I certainly

couldn't blame them for being distrustful. These women had every right to be, especially given their backgrounds. I wondered what had brought them. We later discovered some were wives of men who were at the session the night before. They had come with that *wanting, that yearning of the soul*, when it's time to rediscover what has long been forgotten.

### CULTURAL DIFFERENCES OR COMMON GROUND

Often people believe our cultural differences mean we have nothing in common, when there is a universal ground in our global village. At the hub of it all, beyond any differences, are the values that we mutually share in something bigger than ourselves. This understanding was brought into clear view as the inconceivable unfolded before our eyes.

A new element was added to the mix of distrustful emotions in the room when a man unexpectedly arrived. As he entered this domain of women, he scowled at me from across the room, sending an implicit message of disapproval. There is a long-established Maasai custom that men and women don't fraternize publicly; interestingly, the scowling man didn't appear to want to leave. I invited

him to stay, only asking that he be seated if he chose to remain. He walked quietly across the room, and *sat down!* Something had begun to happen that was outside the cultural norm.

### THE AWAKENING OF TENDERNESS... THE RELEASE OF INTOLERANT TRADITIONS

I spoke about the challenges all people face and how we all have a deep knowing where we connect to the peace in our hearts. The women appeared curious, while uncertain. I suggested they close their eyes and feel what this stream of limitless life Energy had to offer. The rag-tag curtains billowed as golden sunlight poured in. An awakening of tenderness could be seen, even on the faces of the babies who had all stopped crying and were lying in mother's arms, eyes open wide, drinking in the musical ambrosia of the healing Stillness.

A warrior entered and quietly seated himself next to a female nurse. Another set of intolerant traditions began breaking down: the one where men don't sit with women. He closed his eyes, and opened his mind and heart to the wondrous tranquility that had now become as thick as heat feels on the open plains.

It's rare to observe a cultural shift this transcendent. All barriers had disintegrated. The sorrow and depression that showed stress on the faces of the men, women, and children dissolved, and in its place was that glow love offers when it permeates our hearts.

The illuminating diamond waiting to be unearthed in each of us lies just beneath the surface where the human pain and

trauma are encrusted. We are in every corner of the world, recipients of corresponding cultural beliefs; bullying, physical and mental abuse, whose exposure to all kinds of violence,



A woman and child in Stillness Session 1.  
Photo by Patricia Lanza.

unintentionally perpetuates the nightmare. How will it end?

I spoke to the now-smiling group about infusing their lives with stillness, and how they could connect with this alchemy of peace again and again. *Would all their challenges be solved overnight? No. Could they find hope and inspiration?* Yes. In the way that honing a diamond to perfection is a *process*, we are all on training wheels. What awaits us is a jewel of caring and compassion, the recognition of shared humanity through the ultimate healing of our very soul.

*Marlise Karlin is founder of the Simplicity of Stillness Method. She has traveled the world demonstrating its benefits to thousands of people from a variety of backgrounds. For more on Marlise go to [www.marlisekarlin.com](http://www.marlisekarlin.com) Patricia Lanza, traveled with Marlise and documented the Stillness people experienced. [patricialanza.com](http://patricialanza.com)*



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# Sharpen Your Intuition and Live Your Dreams by Tapping into The Spiritual Zone

By Gary Quinn

You can't put your finger on it. You have an all-knowing, overwhelming feeling to make that change. And you do. Your inner voice tells you to be wary of the person, so you stay away. A hunch tells you to invest, You invest. It pays off. That's Intuition. What exactly is this ability we all have? No matter how you define it, we can all agree that it's a good thing to have. A great thing to cultivate. And guess what? It's right here, within us, waiting to be tapped.

Our intuition is ready to help us navigate the plethora of decisions and choices we make every day. And when our intuition is well developed, honed and toned, we can avoid negative, unhealthy paths and head directly to the positive, abundant paths for a more fulfilled life. Intuition is about knowing yourself on a deeper level. And when you know yourself, your intuition starts to expand.

The big question is, "How do we sharpen our intuition?" First we have to wake up. Pay attention and be more tuned in, to ourselves and to what's going on around us. Ask questions and listen for the answers. In other words, tap into your "Spiritual Zone," a state that gets you to align yourself with an amazing power source. When you're aligned in your Spiritual Zone, you can access and build upon your powerful intuition.

When you're in The Spiritual Zone, you're more connected to yourself and everything around you. You have more clarity and creativity. You become present, moment-by-moment; a magnificent foundation for sharpening intuition. From there I take you on a step-by-step intuition-building process. Your newly-sharpened intuition will bring more self-confidence. You become a magnet for a more successful, balanced and fulfilling life.

My intensive hands-on pro-

grams put your intuition muscle to work, teaching you how to become a walking intuitive instrument. You'll even be able to give channeling, healing, or intuitive readings to clients, friends, and yourself. Intuition is really about self-discovery; knowing and trusting yourself on a more profound level.

Intuition is a holistic process, working with the mind, body and spirit. I combine everything from intuitive healing to clearing and forgiveness, to connecting with your angels (spirit guides), and teaching you how to do your own Soul and Psychic readings.

## Here are my five techniques to Sharpen Your Intuition:

**1. Clearing Process:** This important first step sets the foundation for sharpening your intuition. The clearing exercise will release any blocks that prevent you from tapping into your deeper self.

**2. Meditation:** Focusing and clearing the mind through meditation helps you find spiritual communion and inner attunement. Meditation and prayer are interwoven deep within your consciousness.

**3. Forgiveness Exercise:** The inability to forgive, to let go of anger, is often the main reason people can't become fully centered in their hearts affecting the mind, body and spirit. Not forgiving either yourself or others can shut down intuition like a

giant brick wall. We will incorporate a guided imagery meditation to transform your energy.

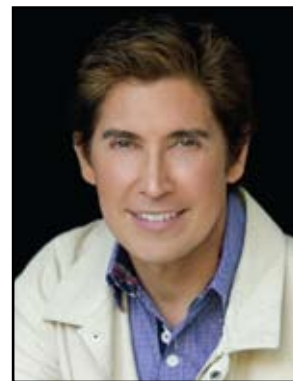
## 4. Inner Peace and Clarity

**Exercises:** After you've cleared the way and focused your mind and body, these inner peace and clarity exercises will build your intuition muscle, making you conscious of energy, power, and attunement. You will learn to tap into the powerful Interior of the heart energy.

## 5. Enhance your Aura:

The Chakra System. Learning how the chakras work allows us to pay greater attention to our divine energy. A chakra is an energy center in the body. Seven of these energy centers align vertically along the spinal column. Each chakra corresponds to one of the seven colors of the rainbow and each vibrates to one of the seven notes of the musical scale.

Gary Quinn lifts the lid on the significance of combining the teachings of Intuition, using your own inner potential and creativity, to enable you to regain control of your life and to form a powerful energy bond



that is magical and yours forever. When you do that, your life will open up to enormous possibility.

*Gary Quinn is an angel intuitive, life coach and founder of the Angelic Intervention Life Coaching, Los Angeles. He is the author of an upcoming NEW book, The Yes Frequency®: A Simple System to Create the Life You Want, and Living in The Spiritual Zone and May The Angels Be with You. He has been featured in the New York Times, the Evening Standard, Vogue, Glamour and Red Magazine, as well as appearing on NBC TV and FOX TV. Visit: [www.garyquinn.tv](http://www.garyquinn.tv)*

Gary will be teaching a workshop on Saturday, April 6, titled: "Contacting the Spirit World and Sharpening Your Intuition, at The Learning Light Foundation, 1212 East Lincoln Ave., Anaheim, CA 92805. For tickets (714) 533-2311 or visit: [www.learninglight.org](http://www.learninglight.org)

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# Holistic Approach to Treat and Prevent Flu and Colds

By Dr. Juliet Tien (Dr. J), D.N. Sc

The flu season starts to peak in November and continues to peak through April. The Centers for Disease Control and Prevention (CDC) recommend getting your flu vaccine in the months of October and November in order to prevent flu and colds.

Many of my clients reported that they got sick after having a flu shot. Here are my recommendations to treat and prevent flu and colds via natural, drug-free, holistic approach without a flu vaccine:

## 1. Proper Hydration:

When you are dehydrated, your body "sewage system" is stagnated. All kinds of diseases can be incubated in that kind of unhealthy environment. How much fluid should you have everyday? Usually I recommend eight to 10 cups of fluid (each cup about 8 oz.) This may include caffeine-free herbal tea, purified drinking water, and soup. Choose the kind of herbal tea that not only hydrates you, but also removes toxins in your body.

## 2. Plenty of Rest:

Most people require seven to eight hours of sleep per day. If you are short of sleep because of a busy schedule or habitual insomnia, try my 10-minute meditation any time of the day

to make up for some lost rest. Go to my website: [www.drjsbest.com](http://www.drjsbest.com) to download this 10-minute meditation guide for FREE. This fast meditation guide is designed for people who are too busy, or too lazy, or both, to reduce day-to-day stress. People who suffer from habitual insomnia need professional consultation to develop a healthy sleep pattern.

## 3. Avoiding Cold and Damp Environment

To combat this year's "Global Freezing" climate, get a space heater to keep you dry and warm in the room where you work or rest. I got a space heater online for about \$15. This is truly a lifesaver when you don't want to incur a huge electricity bill for heating the entire home.

## 4. Anti-Yeast Nutritional Program

Whenever it's possible, avoid sugar, dairy, wheat, yeasts, caffeine, alcohol, chemicals and nicotine, because they are a favorite food for yeasts and parasites. The Standard American Diet (SAD) is loaded with the above no-no's. If you follow my "Eight Commandments," you will be able to prevent adding a new assault to your body. My yeast-free cookbook: *Healthy and Tasty: Dr. J's Anti-Yeast Cook-*

*ing* will guide you to learn more about what to eat, and what to avoid. The book may be available in your local libraries.

## 5. Herbal Therapy to Strengthen Your Immunity:

When your immunity is strong, yeasts, parasites, bacteria or viruses will not be able to cause havoc in your body. Your immune cells will act like a Pac Man to clean up these invaders before they have a chance to cause you illnesses. I recommend an herbal detox program designed to control the overgrowth of yeasts and parasites and remove the toxins in your body, so that you can keep your immunity strong. If your energy is low and your mental concentration is poor, I would suggest that you add a hormonal regeneration program. Proper herbal therapy will strengthen your immunity and help you fight flu and cold symptoms effectively.

## 6. Stress Reduction:

In addition to daily meditation, using my 10-minute meditation guide, prayers or chanting can be very effective in reducing stress. Prayers or chanting are like spiritual showers. If your physical body smells when you don't take a shower everyday, then you should know that your spiritual being smells when



you don't pray or chant everyday. Prayers are free! Keep praying or chanting everyday to reduce your stress and maintain your physical and spiritual well-being!

## 7. Daily Exercise

Regular exercise improves your blood circulation, transporting of nutrition, and secretion of endorphins. Endorphins are natural morphine produced within your body. You feel that you are in a calm yet high state without the influence of substance when you exercise. You can exercise anywhere. You do not need to go to the gym if you don't want to. I usually do in-place jogging and meanwhile do my praying or chanting for more than 300 times everyday, rain or shine!

If you easily catch the flu and colds whether it's flu season or not, I would suggest that you consult with an experienced, spiritually-oriented health practitioner to remove the roots of the health issues.

Dr. Juliet Tien (Dr. J) is a leading expert in treating yeast and parasitic infections, immune deficiencies, and over-weight or under-weight conditions. She is also the best-selling author of *Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing and Healthy and Tasty: Dr. J's Anti-Yeast Cooking*.

For more information, contact Academy of Vibrant Health, 541 S. Spring St., Ste. 209, Los Angeles, CA 90013, call (800) 715-3053 or (818) 472-2213, or send an e-mail to [drj@drjsbest.com](mailto:drj@drjsbest.com). Visit: [www.drjsbest.com](http://www.drjsbest.com). Become a Facebook fan: [www.fb.com/drjsbest](http://www.fb.com/drjsbest) to read updated articles on alternative, holistic treatment for various health issues. Skype: [academyofvibranthealth](https://www.skype.com/en/contacts/academyofvibranthealth).



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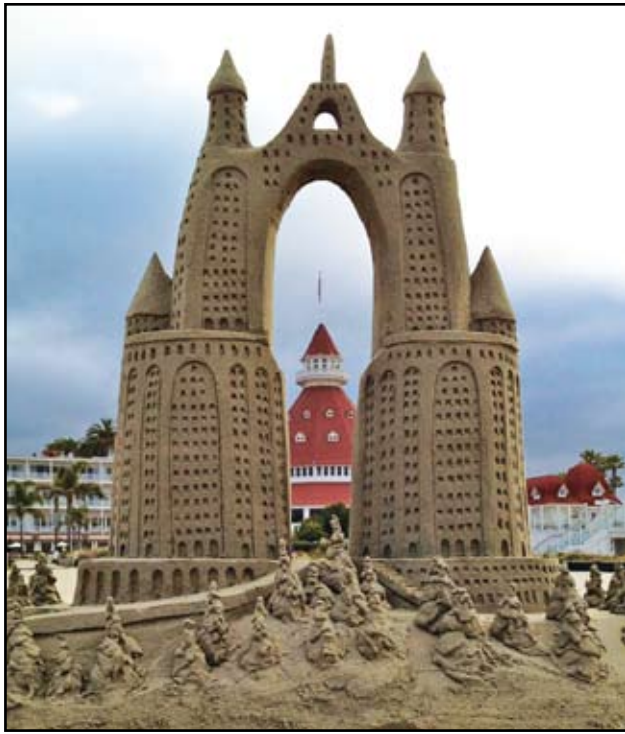
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*Sandcastle at Coronado Island. Photo by Susie Vetter.*

# Coronado Island

*By Ann Nelson*

Coronado, a picturesque island situated just across the bay from San Diego, is reached by a bridge that seems to float just above the surface of the water. This seaside village is steeped in history and feelings of nostalgia are everywhere.

When The Hotel Del opened in 1888, it was the largest resort hotel in the world. The guests were treated to every luxury imaginable. In 1891 Benjamin Harrison was the first of ten presidents to visit Coronado, joining a list of celebrities including the Prince of Wales, Charlie Chaplin, Marilyn Monroe, Jack Lemmon and many more sports and political greats. Room rates at the time were \$2.00 to \$3.00 a night. To help put the cost of a room into perspective, the average salaries in the late 1800's were \$.22 an hour, or \$12.74 a week.

The upstairs rooms were less costly because elevators were a rarity in the late 1800's and carrying luggage up the steps was no easy task. Even though

the hotel did have elevators, the lower-level rooms were larger, more expensive and more desirable. According to Chris Donovan, the hotel historian, it was a standard practice to include three meals a day with the room rate.

When The Del was built, only the very wealthy could afford to stay in the hotel itself. The middle class (consisting mostly of doctors, lawyers and small business owners) stayed in tents close to the hotel. Several hundred tents and cottages covered with palm leaves were set up each year on June 1st and taken down after Labor Day. Coronado Tent City lasted through 1941 and was considered one of the premier vacation spots on the west coast.

Other wonderful places to stay in Coronado include the Crown City Inn & Bistro and the El Cordova Hotel. The Crown City Inn is a quaint, family-owned establishment built in the 1940's. Complimentary bicycles and beach cruisers are

offered to guests and Coronado is the perfect place to ride through the streets or take advantage of the bicycle paths. A dedicated bicycle path runs along the Silver Strand for miles to Imperial Beach. There is also a path from Tidelands Park, under the bridge and along the edge of the golf course.

The inn is centrally located, only three blocks from the downtown business district. Breakfast at the bistro is excellent. The Inn was voted "Best Budget Accommodation" in Coronado by the Travel Channel. The El Cordova Hotel is located across the street from the Hotel Del. This 1930's beauty is a picturesque complex of Spanish architecture. The hotel features unique suites, wood floors and Mexican, handcrafted tile. The courtyard includes a garden area and Miguel's, a popular Mexican restaurant.

The island itself was a barren peninsula with jackrabbits being the major population until it was purchased for \$110,000 in 1885 by Elisha S. Babcock, Jr. and Hampton L. Story. They often rowed over to the island from San Diego to hunt rabbits and decided it would be the ideal setting for a luxurious resort hotel.

Coronado is a city of charm and relaxation. Average temperatures range from 55 degrees in July, with an average rainfall of about ten inches. Miles of white sandy ocean beaches stretch along the southwest edge of the city, providing good surfing and swimming. The Coronado Golf

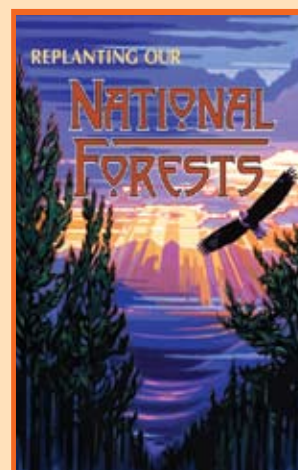
Course, with its panoramic view of ships at anchor in the harbor, lies within easy walking distance from many hotels. Coronado is a year-round outdoor paradise for everyone, offering fishing, swimming, picnicking, golfing, bicycling, tennis, lawn bowling and community concerts.

Visiting Coronado is reminiscent of visiting a small town in America before we became "Walmartized" and before mom and pop stores slowly disappeared. People came into town with the expectation of seeing friends, shopping and having a soda at the local drug store. Sometimes I long for the days of feeling community pride, where each person really mattered and supported their local community. There was a certain simplicity and easiness. I should point out, there are no shopping malls in Coronado.

Though often referred to as the Enchanted Island, Coronado is actually situated on a peninsula attached to San Diego by a thin strip of sand, the Silver Strand. Within the five-square-mile radius of Coronado, there is lots to see and do. I'll mention a few ideas:

**Coronado Beach Historical Museum** – This three-story Victorian house dates back to 1898 and has a unique history. Here visitors have the opportunity to learn about the island's aviation history and the old ferryboats that connected Coronado to San Diego. Step back in time as you

*(Continued on page 24)*



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# Color Your Life: Awakening to Color and Consciousness with Crystals

By Margaret Ann Lembo

As spring arrives, the palette of colors comes into bloom again. As the sun returns to the sign of Aries to stir another level of awareness, so do the colors of life. The renewal at this time of year brings about the coloring of eggs from an old tradition. Closets of clothes change — from darker tones of blacks, browns and burnt orange to pastels of blue, pink, yellow, purple and green — to reflect the season.

Every season and cycle of life brings out different shades, tones, gems and colors. In the seasons of life, we change as well as the favored color and gemstone. When I was a child, bright red was my favorite color. As an adult, cobalt blue is my favorite color. I wear cobalt-framed eye glasses, drink from cobalt blue quaffs, use a blue iPhone cover, wear a sapphire ring and a lot of cobalt shirts. The color keeps me calm and aligned with higher consciousness.

Choose your wardrobe and gemstone jewelry for the day based upon the desired outcome of planned activities. Do you take notice of the color of a friend's clothes to encourage understanding? You might notice their gemstone jewelry, but do you know why they chose that ring or bracelet today? You can "read" others by the colors they wear.

Colors and gems influence the

way we feel, act and react to others. The colors you are drawn to are revealing. The same is true with gemstone jewelry, as well as the colors of foods. Colors show a need for comfort and love, or a need to be heard. They show when it's time to get motivated and take action, or the need for more time in contemplation and prayer.

Whether it is the color of your clothes, the walls of your office, or the food you eat — wear it, paint it, eat it, or admire it with a matching intention.

Everything vibrates. All vibration has a sound and color associated. All thoughts create reality. Match colors and gemstones you wear, or carry the thought forms that create your desired outcome and watch a beautiful reality unfold.

What colors and crystal do you choose to aid you throughout this next cycle? Choose from the colors of the rainbow to help you make more conscious choices in the way you dress and in all you do. Chakras — the energy centers of our body, mind and spirit — can be aligned from head to toe by matching your intention with the color of your outfit and accessories.

Brown, black or red for power, grounding and focus. Choose black tourmaline or garnet.

Orange to birth those great



Photography by Andy Frame

ideas into reality. Carnelian and orange calcite facilitate this intention.

Yellow to shine your magnificence and fabulosity. Use citrine and golden topaz to polish up your self-confidence.

Green and pink to be compassionate and kind. With jade and rose quartz in hand, open your heart.

Blues to express your authentic self with wisdom. Adorn your neck with aquamarine and turquoise to allow the Divine to speak through you.

Purple to bring forth inspired living. Amethyst encourages intuition.

White to align with purity and clarity. Diamonds and selenite are sure to activate the connection higher awareness.

The choice is always up to you. How will you spring forward in this next cycle of your life? Allow the colors of spring to enliven your connection to the Divine in your everyday life. Inspire yourself. Inspire your friends and colleagues. Live fully and remember you are love!

*Margaret Ann Lembo is the author of Color Your Life with Crystals, Angel Gemstone Oracle Cards; Chakra Awakening; and The Essential Guide to Crystals, Minerals and Stones. She is a spiritual entrepreneur and practitioner, aromatherapist, and the owner of The Crystal Garden, a book store, gift store, and spiritual center.*

## Coronado...

(Continued from page 23)

view the historic photos dating back to 1887. Open 9-5, daily. Free. (619) 435-7242.

**Walking Tour** – Features 90 minutes of highlights about the Coronado history. Starts at the Glorietta Bay Inn (across from the Hotel Del). Includes historical mansions. Open 11 a.m. on Tuesday, Thursday and Saturday. \$12.00 (619) 435-5993.

**Coronado Golf Course** – Public 18-hole course with a gorgeous backdrop of Glorietta Bay Marina. Must book two days in advance. Fees are reasonable. Located at 2000 Visalia Row, south of the Coronado Bridge. (619) 435-3121.

**The Old Ferry Landing** – Delightful collection of shops, galleries and restaurants on Coronado's waterfront. Rent bicycles, stroll along walkways on San Diego Bay. Located on First Street at B Avenue.

**San Diego Bay Ferry** – Sails to Seaport Village, where you can catch harbor excursions, dine with a view, or shop in boutiques. Enjoy live music, clowns, mimes and street performers. Hop on a horse-drawn carriage and tour the embarcadero. The trip is 15 minutes. The ferry leaves from the San Diego Broadway Pier every hour on the hour and returns from the Ferry Landing in Coronado every half hour. \$4.25 each way. (619) 434-4111.

**Boating** – South Bay, Coronado off of Loews Marina. Rent paddleboats, sailboats, yachts or go deep sea fishing in Glorietta Bay. Paddleboards - \$25.00/hr., kayak - \$18.00/hr. (619) 437-1514.

### CONTACT INFORMATION

**Crown City Inn & Bistro** – (800) 422-1173. Weekday rates starting at \$99.99.

**El Cordova Hotel** – (619) 435-4131. Weekday rates starting at \$105.00.

**Hotel Del Coronado** – (619) 435-6611. Weekday rates starting at \$300.00.

**Coronado Visitor Center** – (619) 437-8788

*Ann Nelson is a freelance writer residing in San Diego, CA*

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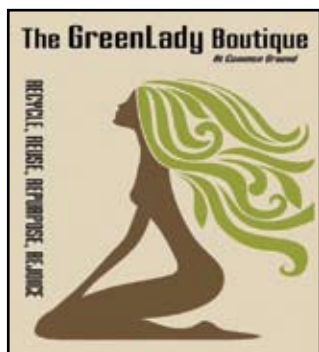
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## COUNSELING and GUIDANCE



Jon Rovelto

### CLAIRVOYANT READINGS BY JON

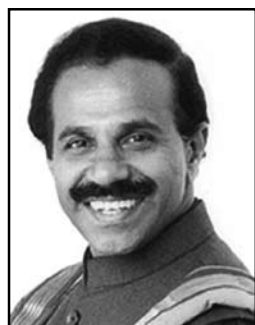
My name is Jon and I am Clairvoyant. I am not a fortune teller. I do not read cards. I am not an astrologer.

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## Saying Goodbye to Debbie Ford

By Laurie Sue Brockway

Debbie Ford, 57, bestselling author and teacher known for her work helping people break free of their emotional baggage and fears, died in her home in San Diego, California Sunday, February 17, 2013. She was surrounded by friends and family. This marked the end of a long journey with cancer that she first shared with the public in an interview with Oprah Winfrey.

Considered a thought leader for her generation, Ford burst onto the scene with her first book, *The Dark Side of the Light Chasers*, in 1998, showing the world that even loving and self-aware people have a darker side. She took readers on a journey of identifying, facing, and embracing their shadow selves. Her Shadow Process Workshop became the foundation of her work for nearly two decades to follow. She penned nine best-selling books related to that topic, and was working on her 10<sup>th</sup> book at the time of her death. Her books are translated into over 20 languages and have sold millions.

Her books are still considered pioneering work in the world of emotional and spiritual education including: *The Shadow Ef-*

*fect: Illuminating the Hidden Power of Your True Self* which she wrote with Deepak Chopra and Marianne Williamson (2010); and *Courage: Overcom-*



**DEBBIE FORD**  
1955-2013

*ing Fear and Igniting Self-Confidence* (2012).

Early in her career, Ford realized that one of her gifts was to bring large groups of people through the transformational process. To facilitate this work, she founded the The Ford Institute for Transformational Training and began to train others in her life-changing processes. She

trained thousands of transformational life coaches around the world to utilize her innovative coaching models, tools, techniques and processes to support others in healing their hearts, clarifying their goals, creating lives beyond the limitations of their old beliefs and behaviors, and embracing and integrating their whole selves.

Her quick wit, ability to stand strong in the presence of human pain and suffering, and true belief that we are all encoded with the ability to serve others and love ourselves, gained her the admiration and support of the greatest spiritual teachers of our time. She was known for her straight talking, honest approach to helping others heal their own self-hatred and release self-criticisms with forgiveness.

In 2008, Debbie founded The Collective Heart, a nonprofit organization with the mission to encourage people to make a difference in the lives of others, especially children. Inspired by Oprah's commitment to educate girls and at the urging of her friend Vivian Glyck, founder of the Just Like My Child Foundation, Ford and her son Beau

committed to building the first "Children's Academy for the Collective Heart" in rural Uganda. With contributions from around the world, the first school was built, and began educating students in the spring of 2009. Since inception, the Collective Heart has raised over \$350,000, and provided the resources and provisions for six primary schools to be built in two African nations — five schools in Uganda and one in Kenya — that will empower thousands of children over the next 20 years with the lifelong gift of an education. In her latest endeavor, Ford helped inspire her community to raise \$100,000 in support of *The Girl Power Project*, a dynamic year-long leadership training for adolescent girls in Uganda.

\*\*\*

**The family requests in lieu of flowers, donations be made to Ford's foundation [www.thecollectiveheart.org](http://www.thecollectiveheart.org) for the Girl Power Project. If you would like to share your memories and stories about Debbie, prayers for Debbie, or messages for her family, visit [www.RememberingDebbieFord.com](http://www.RememberingDebbieFord.com)**

# MUSIC & MEDIA Reviews

By Michael Diamond



## VARIOUS ARTISTS

*For Our Children:*

*A Benefit for Sandy Hook*

[www.fourourchildren.bandcamp.com](http://www.fourourchildren.bandcamp.com)

The Sound for Good record label has partnered with Healing Newtown ([healingnewtown.org](http://healingnewtown.org)), a division of the Newtown Cultural Arts Commission, to help support the community by offering this new release, "For Our Children: A Benefit for Sandy Hook," available to everyone who donates just \$1 (or more). Under the direction of Jack Hertz and Sita (Magnetic Wind), 30 artists from around the globe have come together to support the healing process of those impacted by the Sandy Hook Elementary tragedy of December 14th, 2012. This album serves as sound healing comfort for children and adults throughout the world.

Sound for Good is a record label that publishes and promotes new music as a means to support good causes. This is an independent project that is supported directly by the artists and is not for profit or monetary gain in any way. I am honored to have my instrumental com-

position, "Deep Diver Suite" on the album. All the artists' music is given freely, and proceeds from this album are directly donated by the Bandcamp system to Healing Newtown, supported by the Cultural Alliance of Western Connecticut and the Connecticut Office of the Arts. The message of the album is to shine your light.

## HEALING WITH HARMONY

[www.healingwithharmony.com](http://www.healingwithharmony.com)

Healing With Harmony is a non-profit organization that provides custom configured healing music programs to health-care providers. According to director Wendy Bartlett, their mission is aimed at addressing the body mind and spirit needs of those facing difficult, serious, and life-threatening medical challenges as well as those facing end-of-life issues. They do this by making available what they call a Harmony Kit. Each kit includes a collection of specifically chosen music and spoken word CD's, players, and accessories. The CD's are selected individually for each kit, based on a comprehensive assessment

form. Best of all, Harmony Kits are provided free of charge to qualified providers, such as hospitals, cancer treatment facilities, nursing homes, hospice, dialysis centers, and more.

According to founder Mark Lindemer: "Now, patients can close their eyes and be surrounded by the comfort of music, thereby replacing potential stress and anxiety with the joy of music." I first became aware of this organization through staff member Kathryn Toyama, a classically-trained pianist whose "Hope For Harmony" CD is part of their extensive catalog. The Healing With Harmony staff is all-volunteer and their work is supported by donations — very inspiring!

## LAURA SULLIVAN

*Love's River*

[www.laura-sullivan.com](http://www.laura-sullivan.com)

*Love's River* is a sparkling new release by Laura Sullivan, a gifted pianist and composer in the Contemporary Instrumental/ New Age music genre. This is her 6th album and finds her in fine company with an all-star cast of accompanists. Her graceful style, tinged with elements of contemporary classical music, has been compared favorably with Liz Story and Suzanne Ciani. In addition to piano, Laura also adds additional orchestrations.

While the Grammy-winning founder of Windham Hill Re-

cords, Will Ackerman played a role as producer on four tracks on this project, he also lends his formidable talent as an acoustic guitarist on an introspective ballad called "Blessed." The gentle flow of the title track is graced by the cello accompaniment of Eugene Friesen, a member of the Paul Winter Consort, who also plays on two other tracks on this album. The elegant English horn playing of well-known session musician Jill Haley additionally adds to the composition. One of my favorite musicians, Jeff Oster, adds soulful trumpet and flugelhorn on "Awakening to Love." Grammy-winning artist Nancy Rumbel weaves sonorous oboe melodies around Laura's piano on "Secrets from the Deep." Laura Sullivan's "Love's River" is an emotional and soul touching listening experience.

## SCOTT AUGUST

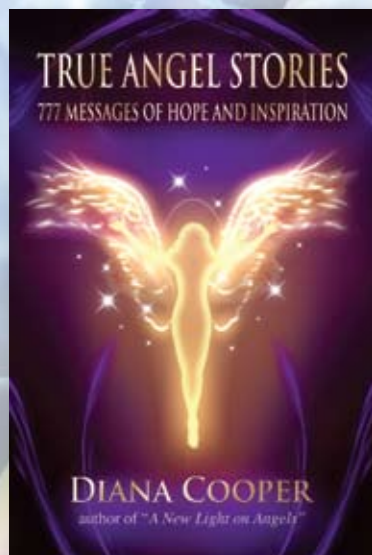
*Hidden Journey*

[www.cedarmesa.com](http://www.cedarmesa.com)

Among the players of Native American flute music, such as Carlos Nakai and Coyote Oldman, Scott August ranks as one of the foremost in the world. Scott is inspired by the natural beauty of the landscapes where he lives in New Mexico, and his latest CD, *Hidden Journey*, has been described as: "an exciting and invigorating adventure into the secluded backcountry of the American Southwest. The album includes evocative ancient flutes, Latin guitars, piano, powerful tribal drums, synthesizer textures, and an assortment of exotic world instruments. One thing I appreciate about Scott's music is that it can be both relaxing and energizing at the same time — a rare quality.

While Scott's flute playing is generally in the Native American style, it is his utilization of all these various instruments and rhythms that sets him apart from many other Native flute players, who are often more minimalist and traditional in their music. The airy ambience of the flutes and electronic textures, along with the various drums and ancient world instruments create a perfect fusion of earth and sky.

(Continued on page 34)



## COMING SOON!

Diana Cooper's book of 777 true angel stories explores how angels can transform lives through exercises and visualizations that readers can practice on their own. Stories discuss guardian angels, feathers, signs, rainbows, prayers, numbers and names, unicorns, orbs and much, much more, making this the ultimate angel compendium.



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# BOOK Reviews

By **Sonia von Matt Stoddard**



## THE ZERO-WASTE LIFESTYLE

*Live Well by Throwing Away Less*  
By Amy Korst

Trash is ultimately connected to every environmental problem we have today, from habitat destruction to pollution and chemical exposure. It impacts every decision in our daily lives.

Whether you're interested in moderate or extreme trash reduction, here is your guide to ending the year with all of your trash fitting into one shoebox. You begin by reorganizing your life around the concept of trash-free living. Then, you will begin to put the ideas into practice, from grocery shopping and meal planning to composting and recycling.

Is it possible to live waste/garbage-free in a country where the average person generates three pounds of landfill-bound garbage in a day — more trash than any other in the world? The answer is yes! You can lead a happier, healthier, more sustainable life by adopting this lifestyle; however, many of the replacement "options" mean you must eliminate certain items entirely.

**Published by Ten Speed Press, this book is available at your local bookstore or [www.crownpublishing.com](http://www.crownpublishing.com)**

## UPRISINGS FOR THE EARTH

*Reconnecting Culture With Nature*  
By Osprey Orielle Lake

A recipient of the 2011 Nautilus Book Award, which judges distinguished literary and heart-felt contributions to positive social change, responsible leadership, green values, conscious and high-level wellness, this book addresses the actions required to mitigate environmental crisis, as well as the long-term societal and personal transformation needed for systemic, creative and enduring change.

Weaved together here we find history, ecology, social commentary and women's leadership to

map out an integrated approach to working in partnership with nature, and to become truly attuned to the natural world. Each chapter invites us to explore the various landscapes of urban areas, valleys, forests and wisdom of land-based knowledge from different cultures and histories. Whether you're already an agent of change, or newly awakened to these issues, this book will provide you with inspiration to that end.

**Published by White Cloud Press, this book is available at your local bookstore or [www.whitecloudpress.com](http://www.whitecloudpress.com).**

## DIET FOR A NEW AMERICA

*How Your Food Choices Affect Your Health, Your Happiness, and the Future of Life on Earth (25th Anniversary Edition)*  
By John Robbins

Originally published in 1987, and revised to compliment life as it is today, the core commitment of this book is to educate and enlighten us as to food consciousness. Our eating habits, at their core, influence every aspect of our life: sustenance, health and industry, among a few. Knowing

the explosive truths about our food and the food industry is the basis of this author's cause.

As Americans, we are privileged to have the option of selecting the optimum diet. No self-deprivation is necessary. You need only to understand your healthiest, most economical, compassionate, and least polluting choices. From the beginning of a food source, to its eventual consumption, this book opens our eyes to the process, and explains how we can become responsible stewards of our earth and its bounty.

**Published by New World Library, this book is available at your local bookstore or [www.newworldlibrary.com](http://www.newworldlibrary.com)**

## THE LONG RIDE

*The Record-Setting Journey by Horse Across the American Landscape*  
By Lucian Spataro Jr., Ph.D.

The recipient of two major awards, including the 2012 IPPY Outstanding Book of the Year Gold Award for the book "Most Likely to Save the Planet," and with a forward by Jane Goodall, this book is an elaboration upon the first telling of the story — Ride Across America in 1991.

This beautifully-illustrated "coffee table book" documents the Arabian horseback journey of author Spataro, across 2,963 miles of America, in order to draw attention to the way in which humans are destroying

our environment, and more specifically with respect to the rainforests.

All changes in nature have consequences. As humans, we must respect this balance and have an obligation to take action. Here is the story of one man and one horse, making a tremendous effort at effecting positive change.

**Published by Green Rider, LLC, this book is available at your local bookstore or [www.thelongride.com](http://www.thelongride.com)**

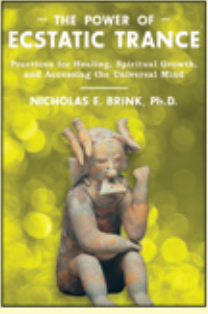
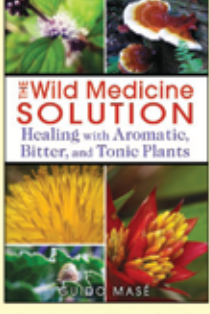

## KISSED BY A FOX

*And Other Stories of Friendship in Nature*  
By Priscilla Stuckey

Many previous societies have viewed plants, animals and the earth as friends. The sense that the whole world is alive is becoming lost to those who transfer attention to books instead of nature itself.

The author experienced "interspecies communication" firsthand, as she was able to send thoughts to a bald eagle that were answered. Trusting in her experience brought her courage. When her understanding started to diverge from mainstream rationalisms, including the religious kinds, she did not discount them. In fact, she began to pay attention. The eagle had bestowed upon her a tremendous recognized blessing and opened her up to a new kind of faith and world view.

(Continued on page 34)

 <p><b>The Power of Ecstatic Trance</b> Practices for Healing, Spiritual Growth, and Accessing the Universal Mind NICHOLAS E. BRINK, Ph.D.</p> <p>Though traditionally it was only the shaman of the community who went on ecstatic trance journeys, this book shows that we all have access to shamanic powers. Here are 20 traditional trance postures that can trigger the healing of illness and emotional pain, interactions with animal spirits and the dead, letting go of guilt and grief, and the discovery of past lives.</p> <p><b>\$18.00, paper, 256 pages, 6 x 9, 22 b&amp;w illustrations</b> ISBN 978-1-59143-152-7</p>	<p><b>The Wild Medicine Solution</b> Healing with Aromatic, Bitter, and Tonic Plants GUIDO MASÉ</p> <p>Clinical herbalist Guido Masé explains how 3 classes of wild plants—aromatics, bitters, and tonics—are uniquely adapted to work with our physiology. With practical examples from aromatic peppermint to bitter dandelion to tonic chocolate, the book provides simple recipes to easily integrate local and seasonal plants into meals as well as formulas for teas, tinctures, and cocktail spirits.</p> <p><b>\$18.95, paper, 328 pages, 6 x 9, Includes 8-page color insert</b> ISBN 978-1-62055-084-7</p>	 <p><b>STAY CONNECTED</b> at <a href="http://InnerTraditions.com">InnerTraditions.com</a> and <b>RECEIVE DISCOUNTS</b> and <b>SPECIAL OFFERS!</b></p>
<p><b>INNER TRADITIONS BEAR COMPANY</b> Books for the Mind, Body, and Spirit</p> <p><a href="http://www.InnerTraditions.com">www.InnerTraditions.com</a> 800-246-8648</p> <p></p>		

# KID'S Reviews

By Lyda Whiting

## EARTH REMEMBERS WHEN

Written by Dawn Wynne,  
Illustrated by Gloria Piñeiro

Once, the earth was beautiful, with pristine oceans and clean air. Forests covered the land, and creatures large and small were plentiful. Once, people cared for the earth, conserving resources to protect the world they loved. Once, food was eaten fresh and came directly from the land and the sea.

Look at the beauty of the ocean, and then confront the devastating results of water pollution. See the beauty of the trees, and then learn about deforestation.

The earth is still beautiful, and people are working together to heal, preserve, and protect the planet we share. This book encourages children to learn about the issues, and contribute to the solutions by growing gardens, recycling, and reusing things in creative ways.

Lovely double-page illustrations of the beauty of the world, and fold-out pages powerfully showing the threats to that beauty, make this book a compelling call to action.

Recommended for ages 5-8.

**Published by Dawning Press, this book is available at your local bookstore.**

## CABO & CORAL GO SURFING

Written by Udo Wahn,  
Illustrated by Jami Lynn

Cabo and Coral check out the waves at their local beach. Surfs up, and soon they are in the water with their boards, riding the waves and enjoying the natural beauty all around them. Sea turtles and fish swim nearby, and dolphins playfully leap in and out of the waves with them. Later, Cabo and Coral watch the sunset over the ocean after a great day spent in the water.

This book will capture the imaginations of young readers, with its fun characters and colorful full-page paintings of the

beauty of the ocean and beach. Children will learn in a positive lighthearted way about surfing as well as how they can help the delicate ecosystem of the coastline.

Recommended for ages 3 and up.

**Published by Craft Print International, this book is available at your local bookstore.**

## DRAW PLUS SCIENCE

Written and illustrated by  
Freddie Levin

Draw your way to scientific knowledge! Learn how to draw an octopus and a fish, and why one is an invertebrate and one is a vertebrate. Draw butterflies and moths while observing the differences. Plant a bean and draw its changes to record its growth. Draw frogs while learning about life cycles. Draw trees and landscapes, and learn about seasonal changes and environmental adaptation.

Children will create drawings of all kinds of animals and plants, and learn science at the same time. Easy drawing lessons illustrate scientific concepts such as adaptation, classification, and characteristics of living things.

This activity book uses the author's proven step-by-step technique to teach drawing. Children will combine simple shapes to create plants, birds, insects, animals, and people. At the same time, each section of the book introduces and reinforces science lessons in a hands-on way.

For ages 6 and up.

**Published by Peel Productions, this book is available at your local bookstore.**

## THE BUG BARIANS

Written by Marty Byk,  
Illustrated by JoAnn DiMaggio

Deep in the lush grass of the park are five bugs known as the Bug Barians. Clumsy Clonk stole an acorn, and now the bugs are running as fast as they can. They are running away from an angry

squirrel who wants his acorn back. If only the Bug Barians can make it back to their boat, the Leaf Erikson! And this is only the start of their adventures.

Set sail with this funny crew of little Vikings. Cross vast waters — like the park's small pond. Explore strange lands — like the playground. Encounter enormous beasts — like a peaceful duck just trying to have an afternoon nap.

Children will laugh at the antics of these tiny heroes. There are charming portraits of all the silly characters, and a huge adventure to be had.

For ages 3 - 5.

**Published by Bug Barians Limited LLC, this book is available at your local bookstore.**

## MUSIC & MEDIA Reviews

(Continued from page 32)

*Hidden Journey* captures the spirit of the Southwest and extends it into a broader musical context, making for an expansive and uplifting musical experience.

### ARUN SHENOY

*Rumbadoodle*  
[www.arunshenoy.com](http://www.arunshenoy.com)

Any description of Arun Shenoy's current GRAMMY-nominated CD, *Rumbadoodle* would have to include the word "fusion." Arun's music is an intriguing cross-cultural experience. As the title implies the predominant flavor of this mélange is Rumba flamenco, but is generously spiced with dashes of pop, rock, worldbeat, and new age that is sure to appeal to fans of artists like Santana, Ottmar Liebert and the Gipsy Kings.

Things get off to a lively start

as a funky syncopated beat and gypsy violin create an intriguing intro leading into a full band laying down a familiar rumba groove. The music is instantly engaging and draws you into its earthy and fiery Afro-Cuban ambience. On "The Violin Song," the Latin air, tinged by slight Celtic traces makes for intriguing alchemy. I appreciate his sense of composition and dynamics, which can build in intensity, then drop into a more chilled space without missing a beat. The ensemble playing on the entire album is extremely tight and perfectly arranged. I was *seriously* impressed with Arun's talents as a musician, composer, arranger, and producer. The music is not only incredibly innovative and extremely well performed, but the recording and production values are first rate. Bravo!

**Michael Diamond is a music producer, recording artist, and music journalist in the San Francisco Bay area with over 30 years of experience writing for nationally-published magazines and more recently worldwide on the internet. He currently has five CD's including two with new-age music pioneer Steven Halpern. For additional reviews of CD's, DVD's, and more, please visit: [www.michaeldiamondmusic.com](http://www.michaeldiamondmusic.com)**

## BOOK Reviews

(Continued from page 33)

By widening your circle of friends to include all that is of the earth, and through individual stories of those encounters, we are brought closer to the paradigm of nature that is all around us.

**Published by Counterpoint Press, this book is available at your local bookstore or [www.counterpointpress.com](http://www.counterpointpress.com)**

It occurred to me by intuition, and music was the driving force behind that intuition. My discovery was the result of musical perception.

(When asked about his theory of relativity)

— Albert Einstein





## Feng Shui Concepts

By Jenny T. Liu, M.A.

### Growing Prosperity Feng Shui for Gardens

Spring arrives as Mother Earth renews herself with a show of fresh buds and colorful blossoms. Beckoning your attention to the outdoors, she reminds you of your ability to tap into the power of nature through the gardens that surround your home. When you tend to your garden, Mother Earth returns the favor with abundance.

Every tree, flower, or vegetable you plant not only provides oxygen and nourishment; it will clean the air, soothe the eyes, attract birds, bees, and butterflies, and calm busy minds. Most of all, your garden directly connects you to nature's infinite wisdom.

In feng shui, the outdoor environment is important as it often affects the energies inside your home. Imagine your body as the house and your clothes as the garden. Just as the colors, textures, quality, and style of your clothes inevitably affects your self-image, health, productivity, confidence, and well-being, so does the landscape around your house.

According to feng shui theories, plants can be categorized under the Five Elements based on their growing season: shape, color, flower, fruit, smell, use, and symbolism. When possible, landscape with plants, statues, and fountains that promote you, based on your birth chart or on the annual Nine Star energies.

Though money cannot grow on trees, many plants and trees are symbolic of prosperity. Fruit trees such as the pomegranate are associated to fertility, mandarin tangerine trees are symbolic of abundance, and kumquats are seen as golden ingots. Because the plants represent growth, an auspicious fruit tree can be planted in your wealth,

marriage, or scholarship direction to bring energies of good fortune into fruition.

Plants can also be used to correct poor geographic conditions. Trees, shrubs, and hedges create "green" structures that balance negative land contours. For example, if your backyard slopes down, causing energy or money to drain away, you can plant a hedge along the back border, or two large trees in the two back corners as a buffer to prevent energy loss and keep wealth energy in. Roots also serve as anchors to prevent landslide, further stabilizing your home's energy.

There are some plants that are considered negative, such as prickly plants with thorns or needles. Generally, they should not be planted where they can cause harm or injury. However, in some cases, they can serve a positive purpose. If your home is exposed to animals, or you

have a dark alley way behind your house and there is the potential for robbery or vandalism, you can plant cactus or thorny bushes as a means of protection for the house.

It is vitally important to maintain healthy plants. Dead, dying, or diseased plants should be removed to avoid spreading decay and the perception of illness. If you must remove large trees, it is a good idea to check the annual Nine Star Chart to make sure the groundbreaking is taking place in a stable direction. Determine an auspicious date for removing trees and perform a blessing ceremony for especially old ones.

Large trees, ivy, and vines can block life-promoting sunlight from entering windows and potentially cause damage to the house's structure and foundation. Walls covered with thick vines are prone to pests, and a perpetually dark or "yin" house can cause depression, low energy, and have a negative impact on the residents' health.

Fountains, ponds, and pools should be placed and designed to create positive feng shui. Pay attention to the water feature's orientation in relationship to the house, its material, size, and the subject matter of any sculpture that is part of the fountain.

Even the water flow is important to consider. Some fountains

have water flowing downwards, some have water that sprays upwards, and some just bubble. Each of these will affect the frequency of your yard differently.

For example . . . an upward spouting fountain is energizing and stimulating, while a bubbling fountain is soothing and garners energy. Your birth chart will determine the type of water activity, orientation, and the style of fountain that benefits you and your family the most.

If you do not have a garden, bring nature's balancing energies into your home by framing inspiring views of a garden with strategically-placed statues that have special meaning or symbolism. Popular statuary includes lions for power, deer to attract helpful people, turtles for longevity, elephants for protection, and meditating deities for spirituality.

Lastly, you can create outdoor rooms with furniture and canopies to activate energy in these sectors and to create comfortable outdoor gathering places, allowing you to easily enjoy all that nature has to offer.

*Master Jenny Liu holds a BA in Environmental Design from UC Berkeley and an MA in Architecture from UCLA. She is an expert in feng shui who shares her knowledge through seminars, periodicals, and the internet. For more information please see [Liu-FengShui.com](http://Liu-FengShui.com), or call Jenny at (626) 272-4901.*

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# The Travel Yogi Conducts Yoga Retreats in the Galapagos Combining Wellness with Nature

By Sara Widness

The Travel Yogi specialist in international yoga retreats and yoga adventures, announces a series of yoga retreats in the Galapagos Islands.



Jennifer Hoddevik,  
founder of Travel Yogi.  
Photo courtesy of Travel Yogi.

They are the only organization doing week-long retreats in what Jennifer Hoddevik, company founder, calls "one of the most spectacular places we've been in the world."

"In our yoga practice we are looking for balance," explains Hoddevik. "Can you imagine a better setting for a yoga adventure than these amazing islands where humans and nature will strive for that same balance? It has been a personal passion to take our yoga adventures to Galapagos; an off-the-beaten-yoga-retreat. These islands will humble and amaze all our traveling yogis."

The retreats are conducted on a 12-acre estate in the highlands of Santa Cruz Island. The location hosts a six-room lodge, a coffee plantation (Arabica coffee), tortoise pond, walking paths and a fully-stocked yoga studio. From guest room patios are amazing views of Galapagos National Park, Galapagos Marine Reserve and outlying islands.

Two of the multiple retreats scheduled here in 2013 still have availability: Ocean of Love with

Ashley Turner, July 27-Aug 3, and Great Galapagos Getaway with Jenniferlyn Chiemingo, Oct. 19-26. Visit: [thetravelyogi.com/adventures/galapagos-islands/](http://thetravelyogi.com/adventures/galapagos-islands/)

Included in per person double rate are accommodations, two yoga classes daily, three meals daily, a naturalist-accompanied visit to the Charles Darwin Station, a naturalist-accompanied day trips to Bartolomé, South Plazas and North Seymour Islands, snorkeling and swimming on all-day excursions, two dinners in Puerto Ayora, a naturalist-accompanied Highland Tour (pit craters, lava tunnels, cloud forest and wild tortoises).

Also included are... sunrise yoga/meditations on the beach followed by a beach breakfast, kayaking on the Tortuga Bay, 12 acres of private walking paths to explore (wild Giant Tortoises roam the property), evening fire pit, southern hemisphere star gazing, and all transfers to and from the airport (on arrival and departure days only).

Although yoga is the focus, each location offers optional activities such as surfing, cultural excursions and hiking. Guests can generally expect two yoga sessions offered per day with a possibility of additional yogic training and philosophy. Some teachers may choose to lead a pranayama, meditation, sutra or style specific workshop. These retreats stay at one specific retreat location and have specific rooms or spaces designated and designed for yoga.

Hoddevik explains that destinations are scouted by The Travel Yogi team and are vetted for suitability to host yoga teachers and guests seeking yoga retreat holidays and/or vacation adventures with time out for yoga each day. Non-yoga practicing travel companions are welcome to join twice daily yoga sessions, or not. A yoga practice is not required and, even for practicing yogis, the yoga is always optional.

While the retreats are yoga

focused, other destinations offer Yoga Adventures with the opportunity to practice yoga while engaged in other adventure travel activities.

International and domestic destinations for 2013 include, but are not limited to Aruba, Galapagos, El Salvador, Santorini, Maui, Cabo, Queenstown, Tulum, New Zealand, and Vermont. Guests will interface with some of The Travel Yogi's better-known instructors, who expertly handle all levels of experience and ambition.

The Travel Yogi is about expanding boundaries through yoga and travel. Founded in 2010, the goal is find balance and personal transformation through yoga practiced in naturally-inspiring destinations. This group discovers and organizes compelling locations that get yogis traveling adventurously in a way that the typical yoga retreats do not.

**For more information visit: [travelyogi.com](http://travelyogi.com) or call: (562) 335-8000.**



*Voices of Hope*  
By Audrey Hope

## THE REVERENCE OF ENOUGH

One holy word  
With power to move change-  
**ENOUGH!!!**

Put in a chanted mantra,  
It has inner revolution-  
**I HAVE ENOUGH!**  
**IT IS ENOUGH!**

We should plant a new garden  
of paradise  
With this sacred seedcode.  
It grows real wellth,  
And kills the icky weeds of  
greed.  
It stops the hurtful morning  
wish,  
To be someplace else,  
Have something more,  
Always wanting more!

Our lives are now  
commercial,  
and how to have things,  
As is owning, selling, getting  
Is a formula to buy peace.  
It doesn't work, it can't...

We aren't in the right direction,  
We are not on our knees,  
We aren't looking up,  
Hands magnetized in holy  
reverence.

It is time to write a new earth  
song,  
And recite it day by day.

**Dear Blessed Mother Earth,**  
**From earth keeper crystal to**  
**galactic sun**  
**Let me care for you.**  
**I thank you for this beautiful**  
**land I borrow,**  
**For the walk on hallowed**  
**ground.**  
**I see the simple majesty of sun,**  
**rose, breath.**  
**AND IT IS ENOUGH.**  
**The grace, the royalty of your**  
**splendor,**  
**IT IS ENOUGH.**  
**(So sorry I don't say it**  
**enough.)**

**Audrey Hope is a spiritual counselor and host/producer of REAL WOMEN, an international award-winning talk show dedicated to life-altering perspectives. Visit: [www.hopesrealwomen.com](http://www.hopesrealwomen.com) and [audreyhope.com](http://audreyhope.com) Her CD, The High Voltage Hope System, is available on [amazon.com](http://amazon.com)**



# REFLEXIONS BELFEXIONWZ

By Robert Ross



## on This Fitness Life Lessons Learned

*The ball was thrown directly at me with the speed of a bullet. Anticipating its direction and velocity, my body knew instinctively what to do . . . jump, while turning to the right, legs and arms jutting forward, looking like a giant C. It was as though a puppet master was quickly pulling the strings of a docile marionette. The ball flashes by — through this opening — hitting the back wall and bouncing harmlessly away. The ballet — of kids at play — repeats itself, over and over, until the recess bell is heard above the shouts of excitement from the playground.*

— Dodge ball, Windsor Hills Elementary School

I guess one could say that my life of fitness has its roots in Dodge ball . . . the excitement, the energy, the play for play's sake; and those magical moments when the body does the unthinkable.

So, for sixty some-odd years I have been on a quest, through fitness activities, to find and recapture those moments of unabandoned play. Along this journey, there have been lessons learned.

### LET GO, HAVE FUN

Magic happens, on the dance floor, on the golf course, on the Dodge ball court, when the mind lets go and allows the body its freedom to fully express itself . . . no interference from thoughts, self awareness, or self criticism.

In the 1970's Timothy Gallwey launched the book, *The Inner Game of Tennis*. This book, and a later series of books, was a huge success. The message

was clear, there are two games of tennis, golf, music, etc. at play. The outer game, the physical expression, e.g., hitting a golf ball, and the inner game of the mind — where anxiety and self doubt are often interfering.

Through a series of exercises, Gallwey guides one in ways to quiet the mind and to learn to trust oneself. The kids at Windsor Hills Elementary School knew this lesson early (they would learn self doubt a bit later in life), but at the time their unspoken motto was: **let go, have fun.**

### EXERCISE DAILY

While researching for an article on Jack LaLanne, it became apparent that what kept Jack going strong all the way up to age of 96, was exercise. Jack paid his dues, up at 5:00 a.m., seven days a week for a two-hour workout. This exercise level allowed Jack to do some extraordinary things with his life, including a book tour at age 96. (Google: Awareness Jack LaLanne Angel of Fitness)

Last year, I made a commitment to do the same — exercise seven days a week (when possible). After all, we sleep seven days a week, eat seven days a week, brush our teeth seven days a week, it only follows that exercise of some sort should be in the mix. Up at 5:00 a.m. for a two-hour workout? Nope, not this kid.

The only way this seven-days-a-week routine can work, is to make exercise fun. Even if it's out of the front door, walk fifteen minutes in one direction, turn around and walk home, it's exercise, and should be somewhat enjoyable.

These daily exercise routines — as in my case — would soon become addictive.

### MIX IT UP

Publilius Syrus, a freed Roman slave turned poet once penned, "No pleasure endures unseasoned by variety." Translation: mix it up, add multiple activities, disciplines or sports to your exercise regime. This approach will be invaluable if you pull a muscle or sprain an ankle.

Last year I managed to tear a muscle in the arm area. After purchasing an \$8.00 fabric sling, I was into the pool (with sling on) for aqua aerobics, and long walks along the beach. The injury healed — probably faster — but more importantly the daily exercising continued.

Consider having a minimum of four or five exercise activities that are done on a regular basis.

**Mix it up.**

### START SLOW AND TAPER OFF

Walt Stack, the famous octogenarian ultra marathoner, was once asked: "What's your strategy for this upcoming race?" Walt responded: "I'm going to start slow and taper off!" The phrase became so popular, that today San Francisco's oldest running club, the Dolphin South End Running Club, has the phrase emblazoned on all of the club's jerseys.

Usually around the beginning of the year, a host of ads appear in magazines and on T.V. for the latest and greatest exercise equipment, or routine. These ads always involve very trim people who have lost an enormous amount of weight in a short period of time. Enticing? Of course.

Before embarking on one of these routines, one should ask: "Can I do this — this intensity — for the rest of my life?" If the answer is no, then do those fitness activities that you *can* do for your entire life. After all, you're in it for the long haul, not

the quick fix. So, start slow, taper off, have fun, mix it up. . . seven days a week.

### THE MAGIC OF WATER

There is something special about water. When Mark Twain toured Europe and discovered that a bath of spring water at Aix-les-Bains soothed his rheumatism, he described the experience as "so enjoyable that if I hadn't had a disease I would have borrowed one just to have a pretext to go on."

Water, our body needs it, but more important, our soul longs to be immersed in it. There are the obvious benefits to exercising in water, like very little stress on the joints due to the water's buoyancy. But water also taps into a deeper area of our spirits. Watch kids at play in water, the excitement, the energy, the play for play's sake. Kids know.

Take a lesson from the kids and add water to your exercise mix . . . aqua aerobics, surfing, swimming, or just moving about in the pool.

Nike captured it all with their motto, just do it. I might add, **just do it**, and . . . enjoy what you're doing, try and get out daily, take it easy, play in the water, and have a variety of fitness activities at your beck and call.

My fitness journey continues . . . I'm sure there are more lessons to be learned.

Oh, if you happen to see this older guy, with a reddish-colored round ball, the size of a volley ball, looking longingly at a backboard, it could be this writer, day-dreaming about the good ol' days — recess at Windsor Hills Elementary School.

*(Writer's note: if you're new to exercise, check with your doctor before embarking on any exercise routine . . . and follow Walt stack's motto: 'start slow and taper off.')*

**Robert Ross can be reached by e-mail at: [SanDiegoRoss@Yahoo.com](mailto:SanDiegoRoss@Yahoo.com)**

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By Jesse Anson Dawn

## Tips on Keeping Mind & Body Young

Jesse Anson Dawn (accurately photographed at age 68), author of the national award-winning book **Never "Old,"** plus **The Rejuvenator's Bible**, speaks out about a most stirring subject: how to personally control the unwanted effects of "aging."

**Presently answering the question:**  
**Why Should the "Normal" Lifespan of Human Beings Be Extended?**

Dear Readers,

Worldwide studies show that human longevity, for the most part, has very little to do with the use of medicines or surgery, but it is mainly an outcome of

various efforts to create a more positive, self-empowered image of the aging process.

Therefore, to provide some effective answers to the momentous question stated (above), I will now offer the following three reasons to ((joyfully)) live as long as possible:

### Reason Number (1):

More than anything else, people need to transcend the ageist fallacy that "old folks" are an "unproductive" drain on the basic needs of humanity, but the actual truth is this: over 80 percent of circulated money flows from "senior citizens" to younger people.

And with that substantial benefit in mind, as long as I can maintain a healthfully fit and ((continually learning)) existence, I would like to live for at least 120 years, or even longer, depending on the condition that I'm in. And amid a (spirit-linked) lifestyle, perhaps that is not a far-fetched desire, because according to the supposedly true-to-life, Genesis part of the Bible, back when the most trusted cure was the healing energy of "God the Creator," many people lived longer than two centuries. But of course, that was then and this is **now**. And yet, by ((connecting)) with the same spirituality that enabled those amazingly long lives, surely that ability can also ((re-energize)) **us**, whereby a New Era of Consciousness can, to a large extent, make the 21st century the very best time to live on planet Earth.

Or as the world renown metaphysician, poet and philosopher, Kahlil Gibran declared: "All that good spirits desire, good spirits attain, because the Spiritual World is the source of infinite possibilities."

### Reason Number (2):

Although companies often require people to "retire" at the age of 65, of course, that doesn't mean we should stop working, because by being freed from a rigidly restricted schedule, we then have the time to delightfully focus on art-making projects. Therefore, by deeply connecting with a creative activity, along with activating the ((body-regenerating energy)) of the human mind, we also tap-into the truly captivating, (inventive dimension) that, whenever we choose to make a work of art, we are

thereby able to make "time" fly by like it doesn't exist.

Or as the famously ageless artist, Grandma Moses was quoted as saying (when she was 101):

"Live the timeless life of your creative soul, steadily rejuvenated by the beauty of life and its beneficially transformative, ongoing potentials."

### Reason Number (3):

Living longer lives will give us more opportunities to travel, whereby we can learn about the cultures unfamiliar to us — all of which is a truly working way to keep us from becoming too [stiffly] nationalized. Thus to overcome prejudicial notions about so-called "weird foreigners," there is only one "nation" that I truly believe in, the ceaseless ((**emanation**)) of the life-sustaining, **UNIVERSAL** energy that unifies soul and mind and body.

And so let us live on and on, and **enjoy the journey**, perpetually uplifted by realizing what this hopefully, ((faith-expanding)) poem of mine emphasizes — the resonating reality that—

A New Era of Consciousness has **now greatly ARRIVED**, Whereby our ((**TRUE**)) longevity will be **duly REVIVED**, Freeing us from the [cage] of a ["life expectancy"]— Amid which [numbered] presets wrongly stifle our liberty— But instead of living in fear, *worried* that death is near— We should live **JOYOUSLY** long via a (**NEW FRONTIER**)).....

*"Youthman Messenger" Jesse will answer any questions (about real rejuvenation and ((protection-energy)) by emailing him at "jesseisforreal@yahoo.com"*



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# Musings

By Mystic Trish®

## To Bee or Not to Bee? That Is Really the Question

There is a quote attributed to Albert Einstein that says.

*"If the bee disappears from the surface of the earth, man would have no more than four years to live."* Well, there is no proof he actually said that but it may not be far from the truth.

I do believe as a species we would survive but we would not thrive if the honeybee disappeared. We would not have the plant and food diversity we take for granted now. Most of our fruits and vegetables would disappear with the honeybees. Not to mention flowers.

Why are the honeybees dying and why does it matter to all of us? Many people don't know that honeybees are an important field worker in our agriculture industries. Long before you see people working hard to pick our fruits and vegetables honeybees have been busy pollinating those fields and orchards so there are fruit and vegetables to be picked.

Imagine what would happen if we had no bees to do all that pollinating. Yes there are other pollinators such as wasps, feral bees, bats, and some birds, but none do as much pollinating as the hard-working humble little honeybee. Honeybees are the most economically-valuable pollinators of agricultural crops worldwide. In the U.S., bee pollination of agricultural crops is said to account for about one-third of the U.S. diet.

CCD or Colony Collapse Disorder is a phenomenon that first became apparent among commercial migratory beekeepers along the East Coast during the last few months of 2006. CCD has now been reported nationally and internationally. Since it was recognized in 2006, CCD has destroyed colonies at a rate of about 30 percent per year, ac-

cording to the U.S. Department of Agriculture. Many beekeepers claim the die rates are much higher. Previously, losses were about 15 percent per year from a variety of pests and diseases.

During February 2007, large commercial migratory beekeepers in many states reported heavy losses attributable to CCD. Reports of losses varied widely, ranging from losses of 30-90% of their bee colonies. Some beekeepers feared loss of nearly all of their colonies in some cases. Surviving colonies were reportedly weakened and might no longer be viable to pollinate or produce honey.

One of the key indicators of CCD is when the adult population is suddenly gone without accumulation of dead bees. The bees are not returning to a hive but are leaving behind their brood (young bees), their queen, and maybe a small cluster of adults. Another indicator is the return worker bees that are convulsing and dying just outside the hives. This was reported as recently as March 12, 2011.

Scientists who were working for the United Nations Environment Programme (UNEP) reported that the collapse of honeybee colonies is becoming a worldwide phenomenon and will continue unless humans work to restore habitats for bees. Because insects are so necessary for pollinating crops, the report calls for profound changes in how humans manage the planet.

**We can do no great things — only small things with great love!**

— Mother Teresa

The world's growing population means that more bees are needed to pollinate the crops needed to feed more people.

According to the U.N. report, of the 100 crop species that supply 90 percent of the world's food, bees pollinate more than 70 percent. Noting that humans seem to believe that they can operate independent of nature through technological innovations, Achim Steiner, the executive director of the UNEP said, ***"Bees underline the reality that we are more, not less dependent on nature's services in a world of 7 billion people."***

Studies fault Bayer, a German Agrochemical Company in bee die-off — this is the same drug company that brings you Bayer aspirin.

Bayer manufactures the pesticide called clothianidin which is a neonicotinoid insecticide actually **banned in Germany as well as France, Italy and Slovenia**. These countries fear clothianidin because it's designed to be absorbed by plant tissue and then released in pollen and nectar in order to kill pests. It is also dangerous to pollen and nectar-eating bees that are critical to plants' reproductive success.

Clothianidin was introduced to U.S. markets shortly before

the honeybee collapse, according to Environmental Protection Agency documents leaked by a Colorado beekeeper. Over the concerns of its own scientists, they continues to approve controversial pesticide. Beekeepers and activists have asked the EPA to reverse their insecticide approval.

Since their introduction in the 1990s, they have exploded in popularity among farmers and in products for home gardeners. **Today, 90 percent of seed corn is coated with the pesticide before planting.** Further, the chemicals are the active ingredients in hundreds of backyard products.

***What can you do about this very real threat to our food supply?*** First, throw out all fertilizer that is not organic. If it says systemic on the label, toss it. If you don't take care of your own yard work, ask the people who do to use organic fertilizer. Second, contact the EPA and complain. Third, contact Bayer and complain.

Or we will all have a very silent spring some time soon.

***Trisha Howe is a born intuitive who started psychic training at age 15. She has over 30 years' experience in Intuitive Counseling, Crystal Healing, Tarot, Mediumship, and Clairvoyance. Contact her at Mystictrish@cox.net***

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## The World According to Butterflies

By Allen and Linda Anderson



For most people, butterflies symbolize transformation. Going through changes means breaking out of our cozy cocoons, spreading our wings, and flying in a new direction.

Spiritual growth also finds inspiration in butterfly symbolism. Greek myth presented Psyche, which means soul, as a butterfly. Ancient Christian tombs were decorated with Christ holding a butterfly. The Mexican town of Michoacan celebrates millions of monarch butterflies alighting onto its oyamel fir trees after their two-thousand-mile migration from North America. The mystical view is that the butterflies are souls returning for one more breath of life on earth.

The sad news, reported by United Kingdom's Telegraph in August 2012, is that butterflies are endangered and at greater risk of extinction than the lions and tigers, according to a global study by the Zoological Society of London.

Perhaps the stories below, first published in "Angel Animals Story of the Week" newsletter, will serve as reminders of the significance of preserving and protecting butterflies and the delicate inter-connectedness of all life.

### BUTTERFLY SOUL

Mary Hendricks and her husband Neil, live in the country, just south of St. Louis, Missouri. Mary shares her story of butterfly love below.

"As I sat for hours by our new dog Hula to keep her from taking out her stitches, I enjoyed an amazing gift of love. Our Sweetie Dog had gone to the heavenly worlds a month before. Hula, a one-year-old, beautiful chocolate Lab, seemed to be

afraid of the doghouse and slept on the floor of the garage.

"While I was watching Hula, a large butterfly began circling around us. It looked familiar somehow. Then I realized that its lower two wings were the same black and white markings as Sweetie had on her feet. The upper two wings were orange. Sweetie had come back in the form of a butterfly to visit us!

"I watched the butterfly in awe as it lit on nearly every inch of the doghouse Sweetie had loved so much, infusing it with her love. Then the butterfly sat on the driveway by us.

"From that time on, Hula has loved to be in the doghouse. She felt safe there from storms and loud noises. She could feel Sweetie's love."

Have you had an after-death visitation that helped you understand that with pets, as with people, the love and spirit never dies?

### CHARLIE, THE SWALLOWTAIL BUTTERFLY

Peggy Lubahn is a lifelong nature lover who lives in Ypsilanti, Michigan with 10-month-old feline friend Roxxie Rocket, whom she rescued last October. Her butterfly story resonates with the themes of transformation and change.

"I spotted a handsome green

caterpillar with black and yellow markings on one of my dill plants. The little fellow was about three-quarters of an inch long, so he must have already been at least two weeks old.

"I called him (or her) Charlie and talked to him every day while I watered my plants. His color matched the stems and leaves of the plants so closely that sometimes it took a little while for me to find him. Before long, it was easy to see that the mother butterfly had been wise to lay only one egg on my dill plant. Charlie ate so much that there wouldn't have been enough leaves to share with one more caterpillar.

"A month later, I found Charlie in the wrong place. He had obviously gotten confused and wandered along a catnip branch that was close to his dill plant. Now he was resting on the catnip plant. At first I was worried that Charlie would starve: All the books say that black swallowtail caterpillars like to eat only the dill and parsley leaves. Catnip leaves are simply not on their menu.

"Then I realized that he was ready to make his chrysalis because he was getting into his "question mark" position. I was sure that he was on the wrong plant because he didn't know any better. I figured the best thing to do would be to move him back to his 'proper' home on a dill plant. Charlie knew where he wanted to be, and it wasn't on a bare dill stem where a hungry bird could see him. I watched in amazement as the poor guy scurried around in a panic, trying to find his way back, until I wised up and helped him return to the catnip.

"I stayed with Charlie long

enough to make sure that he found another comfortable spot on the catnip. I was really worried he might have used up so much of his stored energy when I moved him that he wouldn't have enough strength left to turn into a butterfly. But the next day, Charlie the caterpillar had become Charlie the chrysalis and he was perfectly camouflaged against the green leaves of the catnip plants. I guess he knew what was best, after all.

"I still felt guilty about interfering and I continued to check on Charlie every day. It wasn't long before I was encouraged by new patterns and colors appearing under the surface of the chrysalis, as Charlie transformed inside.

"A few weeks later, I stepped outside to find that Charlie had already emerged from the chrysalis. I got my camera and spent an hour with him as his wings dried, partly to help keep birds away and partly so I could reassure myself that he was okay. I was able to get great photos of Charlie before he finally soared away on a breeze. I am happy and relieved that my good intentions didn't prevent Charlie from becoming what he was meant to be."

Visit [www.angelanimals.net/nlimage36.html](http://www.angelanimals.net/nlimage36.html) to view some amazing images that go with this story.

What are your natural-world symbols of transformation? How can you help to make sure they survive for generations to come?

Allen and Linda Anderson are co-founders of Angel Animals Network and authors of a series of books about the spiritual connection between people and animals [www.angelanimals.net](http://www.angelanimals.net). Find out more about their newest book at [www.adognamedleaf.com](http://www.adognamedleaf.com)

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## ONGOING

**Monday Night Meditation** hosted by [www.Meditations2Go.com](http://www.Meditations2Go.com). Every Monday night 7:30-8:45pm. Akashic Bookshop, Thousand Oaks. (805) 495-5824. Visit: [www.meditations2go.com/classes/](http://www.meditations2go.com/classes/).

**Sunday Celebration Service, 10:30am. Spiritual Support Group** 2nd & 4th Wednesdays 7-8pm. Experience Meditations, Inspirational Uplifting and Guidance. Teaching of the Inner Christ, 1775 Bellflower Blvd, Long Beach 90815. (562) 498-9211. [teachingoftheinnerchrist.com](http://teachingoftheinnerchrist.com)

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## MARCH

**March 1-3 — 9th Annual Health Freedom Expo.** Recognize these names? Dr. Dean Ornish, Dr. Patch Adams, Dr. Joan Borysenko, George Noory, Aubrey de Grey, Marilu Henner and Dr Michael Greger are just some of the natural health experts you can MEET and HEAR at the Long Beach Convention Center. More info@healthfreedomexpo.com

**March 2, 9, 16, 23, 30 - Creative Writing + Thinking Classes.** Be a RockStar! Build Imagination, Focus + Memory, Integrate your Logical Left & Creative Right Brain, Grow Confidence + Power, Improve Intuition + Decision Making for your Divine Purpose, Self-Commit! For Women & Men. Saturdays at 4. Newport Beach Studio. Dr. Miluna. (949) 488-0844. \$35/class. Magical MuseCoach.com

**March 6-9 LifeShapes Institute Biodynamic Craniosacral Intro Class:** Healing With Ease. [www.lifeshapes.org](http://www.lifeshapes.org), (951) 677-0652, Temecula, [lifeshape@aol.com](mailto:lifeshape@aol.com)

**March 12 — Reiki Healing Circle.** Tuesday, 7-8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**March 13 — Spiritualist Gathering with Kathleen Vance.** Wednesday, 7-8:30pm. \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**March 21 — Tools for Enlightenment & Heightened Awareness Workshop with Australian Awareness Facilitator and Author Sonja Rehnitz.** San Diego, Thursday 6:30-9pm, \$10. Foundational tools provided to transform your awareness and life. <http://www.meetup.com/Harmony-Grove-Spiritualist-Associations/events/102163112/>

**March 21 — Start a New Career Helping Others.** Become a Hypnotherapist Today! Start working in a career doing what you really love. Classes starting NOW! Tuesday and Thursday 7-10pm, Tarzana, CA. Call (800) 479-9464, [www.HMCollege.org](http://www.HMCollege.org)

**March 22-24 — Healing through the Akashic Records Weekend with Barbara Schiffman.** Fri-Sun, LA/Burbank area. Access the energy of your own Akashic Records via Linda Howe's Pathway Prayer and discover your Soul's perfection! Transform your Sacred Wounds (inc. Self-Abandonment) to empower yourself and gain peace with others. For Akashic newcomers and experienced Practitioners. Info/Registration: (818) 415-3479, [www.YourLifeandSoul.com](http://www.YourLifeandSoul.com), [www.Meetup.com/AkashicLA](http://www.Meetup.com/AkashicLA)

**March 22 — TED Talks: An Evening with TED.** Friday, 7-8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**March 22 — Join us for a Consciousness Challenge.** Help with Planetary Awakening. San Diego, Friday 6-9:30pm, Free! Raise Awareness to connect to your Higher True Self Consciousness and help heal others and planet Earth. Support our

Global Initiative for Planetary Awakening. [www.ConsciousnessChallenge.org](http://www.ConsciousnessChallenge.org)

**March 23-28 — Hawaii and the Sacred Heart Retreat 2013.** Meditation, Creativity, Kundalini Yoga, Heart-Opening. [www.CreationMeditation.com/HawaiiRetreat](http://www.CreationMeditation.com/HawaiiRetreat)

**March 26 — Reiki Healing Circle.** Tuesday, 7-8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**March 27 — Spiritualist Gathering with Kathleen Vance.** Wednesday, 7-8:30pm. \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**March 29 — Join us for a Consciousness Challenge.** Help with Planetary Awakening. See March 22 listing. [www.ConsciousnessChallenge.org](http://www.ConsciousnessChallenge.org)

## APRIL

**April 6 — V Elements.** New solar and alternatively-powered yoga, music & culture festival. Liberty Station, San Diego. [www.5elementsfestival.com](http://www.5elementsfestival.com)

**April 6, 13, 20, 27 — Creative Writing + Thinking Classes.** See listing under March for more information.

**April 9 — Reiki Healing Circle.** Tuesday, 7-8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**April 10 — Spiritualist Gathering with Kathleen Vance.** Wednesday, 7-8:30pm. \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**April 21 — EarthFair, Balboa Park, San Diego.** The 24th annual EarthFair is the largest free annual environmental fair in the world. With around 70,000 visitors and more than 400 volunteers, the event features exhibitors, a food pavilion, kids area, live entertainment, parade, art show and a "clean" car concourse. 10:00am-5pm. Free. Contact: [info12@earthdayweb.org](mailto:info12@earthdayweb.org)

**April 23 — Reiki Healing Circle.** Tuesday, 7-8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**April 24 — Spiritualist Gathering with Kathleen Vance.** Wednesday, 7-8:30pm. \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**April 25 — Start a New Career Helping Others.** Become a Hypnotherapist Today! Start working in a career doing what you really love. Classes starting NOW! Tuesday and Thursday 7-10pm, Tarzana, CA. Call (800) 479-9464, [www.HMCollege.org](http://www.HMCollege.org)

**April 26-28 — Join Isabella Stolloff for the Sedona Retreat 2013.** "A Journey to your Soul," [www.ochealingcenter.com](http://www.ochealingcenter.com), call now for more info. (714) 603-8624.

**April 26-28 — Akashic Records Practitioner Certification Weekend with Barbara Schiffman.** Fri-Sun, LA/Burbank. Access your Soul's energy-archive for yourself and others with Linda Howe's Pathway Prayer; learn Akashic Past Life Healing tools. Info/Registration: (818) 415-3479, [www.YourLifeandSoul.com](http://www.YourLifeandSoul.com), [www.Meetup.com/AkashicLA](http://www.Meetup.com/AkashicLA)

**April 27 — TED Talks: An Evening with TED.** Friday, 7-8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

## MAY

**May 15-17 — Akashic Records Practitioner Certification Weekend with Barbara Schiffman.** Fri-Sun, Temple of Light/Irvine. Access your Soul's energy-archive for yourself and others with Linda Howe's Pathway Prayer; learn Akashic Past Life Healing tools. Info/Registration: (818) 415-3479, [www.YourLifeandSoul.com](http://www.YourLifeandSoul.com), [www.Meetup.com/AkashicLA](http://www.Meetup.com/AkashicLA)

**May 17-19 — Shakti Fest.** A celebration of the Divine Mother. Immerse yourself in Kirtan, Yoga, and Wisdom Talks from world-renowned teachers. Performances by Krishna Das, Jai Uttal, Dave Stringer, Deva Premal & Miten, and more. Eco-marketplace and vegetarian cuisine. Joshua Tree. [www.bhaktifest.com](http://www.bhaktifest.com)

**May 19 — WorldFest.** LA's premiere solar-powered family-friendly "green" event. More than 120 exhibitors, global vegan food court, music, engaging speakers, entertainment areas for children, animal adoptions and more. Woodley Park, 6350 Woodley Ave., Lake Balboa. 10:30am-7pm. [www.worldfestevents.com](http://www.worldfestevents.com)

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The aim of the alive and healthy conference is to provide the public with access to personalized information on natural health, well-being, wholeness of mind, body and spirit. We have tailor made this event with hand picked experts/exhibitors in cutting edge healing techniques including: holistic health, mind, body and spiritual wellness and life management - designed to empower YOU, the individual to help Cure What Ails You!

Ayurveda Lifestyle	Silver Therapeutics
Chinese Medicine	Morning Yoga (Ship Sun deck)
Homeopathy	Practitioners Forum (Sat Night)
Spiritual Psychology	One to One Healing Sessions
Raw and Organic Foods	Life Management Practices

PLUS! The Queen Mary Ghost Tour!



Linda Allen



Darlene Navarre



Michelle Haunold



Robert Scott Bell



Vaishali



Dr. Mary Helen Hensley



Liam Scheff



Aidan Storey



Dr. Paul Hoffman



Kellen Brugman

For More Info or to Register: Contact Steve or Aime 818-848-3278  
Exhibitors and Speaking Opportunities Available - [steve@thebusinessmuse.com](mailto:steve@thebusinessmuse.com)

For complete conference schedule visit: [www.purplev.com/alivehealthy](http://www.purplev.com/alivehealthy)

### SPECIAL ANNOUNCEMENT:

#### 2nd Alive and Healthy Queen Mary Event - This Fall 2013

For Speaking Opportunities and Exhibitor Information Contact Steve or Aime - 818-848-3278



Interactive workshops include raw food benefits, Chi Nei Tsang massage therapy and a how to make natural skin care products from your kitchen demonstration, plus a one-to-one practitioners forum. The Alive and Healthy Conference will gently guide attendees through a variety of wellness practices and holistic health options.

Three day tickets (includes admission to the conference, practitioners forum, raw food and natural skin care demonstrations, morning deck yoga class and panels) \$99.00 in advance.

One day admission \$49.00 in advance.

The Queen Mary's Legendary "Haunted Encounter's Ghost Tour \$39.00 in advance only. (Saturday, March 23rd 7-8pm)

For more info or discounted hotel rooms contact: Aime [aime@thebusinessmuse.com](mailto:aime@thebusinessmuse.com) 818-848-3278





# SUMMER CHIEF SMOKE EAGLE 2013 STAR KNOWLEDGE GATHERING

JUNE 14-16  
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ITASHA



CHIEF  
SPOTTED EAGLE



GRANDMA  
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REV.  
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FOR REGISTRATION AND VENDOR INFORMATION CALL ALAN AT 818.661.7437  
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